

ULTRAMAG

Vol 14. No.2

June 1999



A blast from the past.
Two ultrarunning legends, Cliff
Young and Tony Rafferty side
by side during the 1986 Sri Chinmoy
24 Hour Track Race in Adelaide.

Photographer: Serena Henry

 **AURA**
MAGAZINE



Official publication of the
Australian Ultra Runners'
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EDITORIAL

Is 1999 really half over? Time seems to disappear quickly as we all get older. Speaking of getting older, Tony Rafferty recently celebrated his 60th birthday and we have included some photos from a small get together at his home in Harkaway. Now retired, Tony is involved in promoting the Australian Six Day race at Colac where he hopes to restore the event to something along the lines of the glory days of the mid 80's

As has been mentioned before, AURA has had to increase its subscription fees by \$5 to \$30 which is the first increase for many years, a quick look at the financial statement in this issue should tell you the sad financial state of things.

On the positive side, The AURA Annual General Meeting was held on Sunday 23-5-99 at the completion of the 50 mile track championships, this years race was held at the Newport athletic track in conjunction with the Sri Chinmoy Fitness Festival and it was a great success. The festival consists of numerous events including a marathon, half marathon, duathlon and numerous other shorter events and it created a great atmosphere with hundreds of competitors all taking time to watch and encourage the 50 mile runners.

Also of note is the completion of Phil Essam's book on the history of the Westfield Sydney to Melbourne race. Phil can be contacted on 08 8287 0325

It was good to see the emergence of some new talent in the ultra world with Mike Wheatley finishing as the first Australian at the recent World 100km Championships in a time of 7:46 in his first attempt at the distance while Sandra Timmer-Arends took 20th place in the women's event with a time of 8:19.

By the time you read this, two of our members will both have started their solo attempts to run around Australia. Good luck to both Pat Farmer and Gary Parsons

I have also managed to find an interesting profile on Simahin Pierce in the New Zealand Ultra magazine. Although he is now hiding on the other side of the Tasman, Simahin was a regular face on the Australian ultra scene for many years.

Of course, I could not finish without a mention of the most important race on the calendar [even bigger than the Sydney Olympics!!!!], I am speaking, of course, about the Frankston to Portsea event where the 27th annual "race" took place in April and, as per usual, the highlights, lowlights and "odd" lights were plentiful [even Hookie managed to finish!!

Kevin Cassidy



1999 ULTRA CALENDAR

- June 20 **5TH ANNUAL SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** \$15 entry, \$20 on the day, 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, mail entries close 9th June, 1999, Entries to Race Secretary, Nowra Athletics Club, 30 Flannery Rd, Cambewarra 2540 NSW. Cheques payable to Nowra Athletics Club. Transport back from Kangaroo Valley to the start provided. Enquiries Terry Threlfall (0412) 603 831
- July 10/11 **SRI CHINMOY 24/12/6 HOUR TRACK RACE CARNIVAL, Auckland, NZ,** Sovreign Stadium, Auckland, Information phone: 09 623 0325 or 09 630 8329
- Aug 22 **PERTH 40 MILER,** based on the Perth Marathon route with a couple of extra loops, flat, fast course. Contact Mick Francis, 27 Snows Place, Bunbury 6230 WA Phone 08 - 9721 7507
- Aug 20-22 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Albert Street, Maryborough, Brian Evans, c/- The Body Corporate Gym, P.O. 863, Maryborough 4650 (07) 4121 4200. Certified course.
- Aug 21 **6 HOUR TRACK RUN, VIC,** Harold Stevens Athletic Track, Coburg, 10am start - 4pm., Entry forms available from: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 . Ph. (03) 9386 9251
- Sept 18 **ROYAL NATIONAL PARK ULTRA, NSW,** 50km, 6am start at Grays Point Oval, Grays Point, \$35, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service
- Sept 18 or 25 **TAMWORTH 24 HOUR CHARITY RUN, NSW,** Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph(02) 6765 7216 (H) or (02) 6765 3511 (W)
- Sept 18/19 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 100KM 50KM RACEWALKS,** Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) start time 2pm Sat 18th Sept. Event held at Harold Stevens Athletic Track, Outlook Road, Coburg. Entry fees: \$40 24 Hour Walk & 100 Mile walk, \$20 for 100km walk & \$15 for 50km walk. Entries close 13th Sept, 1999
- Sept 25/26 **160KM / 80KM / 54KM TRAIL RUNS,** (Q'ld) Glasshouse Mountains. Loop course,. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Ph. (07) 5495 4334
- Oct 3 **AUSTRALIAN 100KM ROAD CHAMPIONSHIP & 50KM ROAD RACE,** Glengarry (near Traralgon), Vic, Championship also includes a State Teams Challenge. Conducted by Traralgon Harriers Event, endorsed by Athletics Australia & AURA. Contact Geoff Duffell (03)5122 2855 (H)
- Oct 9/10 **SOUTH AUSTRALIAN TRAIL WALK through Adelaide -10/50/100KM** Phone Des Paul for details (041) 2392 189 or (08) 8296 0507
- Oct 23/24 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, SA.**(Australian 24 Hours Championship) Starts 8am on Sat. 24th October at Olympic Sports Field, 344 The Parade, Kensington Park. 24 Hour Race - \$75 entry, 12 Hour \$50, 6 Hour \$40, 100km Race \$60. Contact Sipra Lloyd, Sri Chinmoy 6/12/24 Hour Track Race, P.O. Box 6582, Halifax Street, Adelaide 5000. Send a large stamped self-addressed envelope with cheque and application form.

1999 ULTRA CALENDAR

- Nov 14 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 56km trail run over the Brindabella mountains, just south of Canberra., 8.30am start at the summit of Mt. Ginnini, \$40.00 entry fee with pottery goblet, \$30 without, 7 hour time limit, 1/2-way in 3hrs.20. Contact Hugh Jorgensen 6286 1252
- Nov 13 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact race organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (07) 5486 3547 or Gary Parsons (07) 5495 7208. 5.30am start
- Nov **100KM ROAD CHAMPIONSHIPS, THAT DAM RUN**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Entry fee NZ\$60.00, Phone/Fax: 03 436 0626
- Nov 14-20 **14TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Square, 1pm Sunday start - and finish on Saturday 20th November, \$100 entry plus \$10 application fee. Late entry fee (if accepted) \$125 Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone Mary Lowe (Hon. Sec) 03 5233 8361.
- Nov 28 **VICTORIAN CHAMPIONSHIP 6 HOUR & 50KM. VICTORIAN TRACK CHAMPIONSHIPS (& 6 HOUR RELAY)**, Moe, Victoria, 8am Traralgon Harriers event. Moe Athletic Track, Old Sale Road, \$25 entry covers both championship events Enquiries: Geoff Duffell, 7 Shaw Street, Churchill 3842 Vic, Ph. (03)5122 2855 (H) or Barry Higgins (03) 5174 3712.(H) Email address gduffell@nex.com.au
- Dec 5 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN, 50KMS.** Flat course along roads & paths adjoining the Gold Coast beachfront. 5am start To be followed by the Queensland Ultra Club Annual Dinner and prizegiving. Contact Pete Gibson, (07)5576 1985 (H)
- Dec 4 **BRUNY ISLAND JETTY TO LIGHTHOUSE , TAS.** 64km Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)
- Year 2000
Jan 8 **COASTAL CLASSIC 12 HOUR TRACK RUN / WALK, NSW** ,West Gosford at Adcock Park, Pacific Highway, West Gosford on a 400m fully surveyed grass track. \$30 entry , 7.30pm start, Contact Gosford Athletic Track, Coastal Classic, P.O. Box 1062, Gosford 2250, NSW. Include SSAE for confirmation of entry, or phone Frank Overton (02) 4323 1710 or Paul Thompson (02) 9686 9200 (H), mobile 0412 250 995 Email address thomo@zeta.org.au. Entries close 19/12/99
- Jan 9 **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, a tough event with 3,000m of climb, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03) 9808 9739, entries close 22nd Dec, 1999. No entries on the day.
- Jan 23 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1999. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or FAX (03) 9873-3223
- Feb **6 or 12 HOUR RUN, WALK & RELAY Q'LD, Caboolture Historic Village**, Beerburum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to :Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496 6437 by 8th Jan to receive free T-shirt.

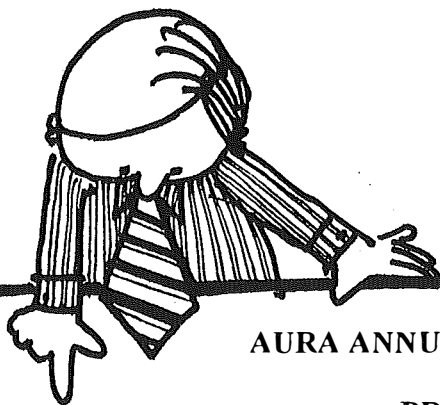
YEAR 2000 ULTRA CALENDAR

- Feb 5 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, or phone Sue Drake (03) 6239 1468
- Feb **LIVERPOOL BOOMERANG MARATHON, NSW 732km**, Liverpool to Albury and return., entry fee \$80, only 12 entries accepted, Contact Dave Taylor, 56 Grandview Parade. Lake Heights 2502. Ph. (02) 42 740054 (H) or (02) 42 26 4088 (W)
- Feb **SRI CHINMOY PEACE ULTRA TRIATHLON, ACT**, includes a 100km on Saturday 20th February, starting at 12 midnight, Yarralumla Bay, Contact Prachar Stegmann, G.P.O. Box 3127, Canberra 2601, ph. (02) 6248 0232 Fax (02) 6248 7654.
- Feb 26 - 28 **WY-WURRY 3 DAY WALK, Q'LD**, approx 49km a day, each walker must supply 1 crew person and a vehicle (4WD not necessary) start and finish at Nanango, South Burnett, daily prizes. Contact Ron & Dell Grant, Bellmere Convenience Store, Caboolture 4510 Ph. (07) 54 989965 (W) Closing date 15th Feb 1999, \$35 entry.
- Mar **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46.6km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Chris Stephenson, Six Foot Track Marathon, GPO Box 1041, Sydney 2001. <http://www.ozemail.com.au/nbigchris> email to: bigchris @ ozemail.com.au
- Mar **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 8.00am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Contact Steel Beveridge on (02) 66 53 6831 (H) or (02) 66 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW
- Mar **AURA 6 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis, 27 Snows Place, Bunbury 6230 phone (08) 9721 7507
- Mar 19 **AURA DAM TRAIL RUN 50KM (ADT 50)** Vic, A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$28 entry for AURA members, \$33 for non-members. Closing date for entries 8th March, Phone Geoff Hook (03) 9808 9739
- April **50KM ULTRA ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7.00am start. For more details, contact Trevor Jacobs on (02) 6254 7177 (H) or (02) 6279 0134 (W) or Dave Cundy (marathon organiser), P.O. Box 206, Ettalong Beach NSW 2257, or Phone on (02)-4342 7611 or (0417) 285 609 Fax (02) 4342 7611
- April **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kev Cassidy, mobile phone no. 0413 708 118, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed

YEAR 2000 ULTRA CALENDAR

- April 16 **CENTRE PHARMACY'S YEAR 2000 MT.MEE CLASSIC 50KM, 25KM, & 10KM, Q'LD**, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.00am, 10km 8.30am start. Sealed Handicap for 50km & 25km events. Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact:: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (07) 3352 7761 or Danny Cause, 67 Reuben St, Stafford 4053 Entry fee \$20 for 50km & 25km events. Enter early on entry form in Ultramag or entries will be taken on the day.
- May **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 45km encouragement section, Road Race, staggered start, Entry fees, a QURC event. \$20 QURC and GCRC members \$15. Contact Graeme Grimsey, P.O. Box 584, Ashmore City Q'ld 4214. Ph (07) 5522 7870
- May **GLASSHOUSE MOUNTAINS 80KM, 50KM, Q'LD**, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (07) 5495 4334.
- May **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$40. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Bernie Goggin, 277 Manningham Road, Lower Templestowe 3107, phone (03) 9850 4958
- May **BANANA COAST ULTRA MARATHON, NSW. 85KM.** Coffs Harbour to Grafton via Glenreagh, Nana Glen & Coramba, 6am start at Coffs Harbour Entry fee \$5 by 2nd May or \$10 on race day, own support vehicle / driver required, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (02) 6653 6831 (H) or (02) 6654 1500 (W)
- May **IAU WORLD CHALLENGE 100KM, CHAVAGNES - EN-PAILLERS, FRANCE**, contact Geoff Hook, (03) 9808 9739
- May **AURA SRI CHINMOY AUSTRALIAN 50 MILES TRACK CHAMPS.,** Newport Park Athletics Track, Williamstown (Melways 56B4), start 6.30 am, contact John Harper (03) 9803 7560, or Sri Chinmoy Running & Fitness Festival, P.O. Box 148, Richmond 3121 Cost \$40, \$35 seniors 60+
- May **SYDNEY TRAILWAKER - 100KM WALK WITHIN 48 HOURS** through some of Sydney's most rugged and spectacular terrain, along the trail of the Great Northern Walk and Kuringai National Park, from Woolwich to Brooklyn. Teams of 4 combine to complete the trail together. Each team to pledge to raise \$1000 to help some of the world's poorest communities improve lives. Registration form in this issue. Further information: Community Aid Abroad, Phone (02) 9264 1399 or Fax 9264 1476
- June **HERVEY BAY HIKE 50KM, Q'LD**, Contact Fraser Coast Road Runners, P.O. Box 863 Maryborough, 4650, Queensland.
- June **COMRADES MARATHON, SOUTH AFRICA**, 90km up run from Durban to Pietermaritzburg





AURA ANNUAL GENERAL MEETING - 1999

PRESIDENT'S REPORT

As we approach the end of this millennium, there will be a celebration by the ultrarunning community in the form of a series of IAU Championship events around the world. Our highly successful Nanango 1000 miler has been selected as one of a handful of events. Congratulations to Peter Warner and his Queensland team for their hard work and dedication to this race.

Quite a deal of our activities have an international flavour now, not only just the Nanango event. Committeeman Nigel Aylott took out the prestigious World Rogaining Championships with Finish partner Iiro Kakko. Nigel also went on to record wins or places in some of Australia's top ultra events. There is a strong international field of competitors for the long running Colac 6-day event. Our team performed well in the World 100km Championships last year and we are hoping for a good result from this year's championships (to be held a few days before the AGM). The men's team comprises Paul Every, David Criniti, Rudi Kinshofer and Michael Wheatley. Sandra Trimmer-Arends will be the solo women's entrant for Australia. Sandra recently broke the Australian 50km record at the Canberra 50km event and Michael ran a sub 3:20 so I'm expecting good results from both athletes. Good luck to all five runners.

Due to the World Championships being in May this year, the Australian Championships have been shifted to the latter half of this year. They will be again held by Traralgon Harriers under the experienced eye of Race Director Geoff Duffell.

We have a couple of unusual 100 milers in Australia now. The Centurions 100 miler on a track is for walkers only to complete 100 miles within 24 hours. The Glasshouse 100 miler is a trail race in the style of some of the American 100 milers. Ian Javes is to be congratulated for putting on such a challenging event.

Commonwealth 100km Championships events have been approved and we await the first one with interest. If they develop well, there might be a chance of getting it accepted as a Commonwealth Games event and the most likely venue if such a bid were successful would be here in Melbourne in 2006.

Two people broke records over the past year. Yiannis Kouros broke Australian and World Records during his 24 hours track race in Adelaide. Helen Stanger broke Australian records during her 24 hours track race in Coburg. Both these talented athletes are to be congratulated for their fine performances.

Finally, Vice President Tony Rafferty reached the ripe young age of 60 and celebrated with a Saturday afternoon party in his backyard. Even though Tony has officially retired from racing, he still is able to tell some marvellous yarns and stories.

Best wishes for your ultrarunning activities for the coming 12 months.

Geoff Hook
President
May, 1999

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
1999 ANNUAL GENERAL MEETING
SECRETARY'S REPORT
Dot Browne

In our 14th year of operations our unique Association is still surviving despite reduced membership. However there have been many notable events which have been well-reported in our magazine and the enthusiasm of current membership has kept this close network of ultra-runners alive throughout Australia.

Kevin Cassidy has taken over assisting me with the publication of ULTRAMAG as Geoff Hook's work commitments forced him to unload that responsibility.

Probably one of the highlights of our year was the prestigious IAU International Miles Championship being awarded to our Queensland town of Nanango. This proved to be a most successful event with an international field and congratulations go to the organisers. They have again secured the World Championship for the Year 2000.

The Six Foot Track Trail Race in NSW continues to be the most successful trail race ever in Australia, this year with 432 finishers, and heartiest congratulations go to Big Chris Stephenson for the superb organisation of this one. Obviously the stunning physical scenery contributes to the atmosphere of this event but the excellent organisation ensures that it has stayed successful.

Our Australian 100km Road Championship held at Glengarry in Victoria on a flat course was also well-organised despite the small field of 7 attempting the distance and only three completing the course. Geoff Duffell's organisation could not be faulted. Kouros ran another superb race to win the event in 7 hours 14:35 in tough windy conditions.

It was also great to see a few of our members go to South Africa for the Comrades Marathon and perform extremely well, Lavinia Petrie particularly, who came in only 11 minutes behind Lisa Ondieki in a class women's field.

Our South Australian interstate representative Phil Essam, has excelled himself by writing a history of the Westfield Run, the event which really put ultrarunning on the map in the early 80s. In this event, as we all know, the Aussie battler, Cliff Young, shuffled his way into everybody's hearts with his hare and the tortoise tactics to win the 1982 event. We urge you to support Phil and purchase his interesting publication.

Kevin Tiller has continued to give our sport great publicity with his web site on the internet and we are extremely grateful for this. Look at www.coolrunning.com.au/ultra for calendar and records updates and articles.

The enthusiastic Queensland Ultra Runners Association continue to be most successful, particularly in their tough trail runs through magnificent scenic country and are to be congratulated for their forward planning and great organisation.

Apart from Kouros, several others of our members have emerged as world class ultra athletes. Nigel Aylott, second to Kouros in the National 100km Road Championship at Glengarry, later in 1998 became No.1 in the World Rogaining Championships in Canada. Kelvin Marshall is also one of our consistent class athletes who has had numerous wins recently in ultra events.

In the women's field, the emergence of Nicole Carroll and Sandra Timmer-Arends as outstanding distance athletes has been notable, together with more experienced Helen Stanger, Mary Francis, Linda Meadows, Lavinia Petrie and Georgina McConnell. If only we could get them all in the same event together!

Congratulations also to our Aussie team of Tim Sloan, Nigel Aylott and Paul Every who placed 9th, 33rd and 44th in the World IAU World 100km Challenge in Japan. A great team effort. The results of the 1999 Championship should be available soon.

On the financial side, our falling membership from 294 in 1997 to 226 in 1998 plus the associated donations, has made around \$3000 difference in our income and virtually accounts for the fact that we went from a \$1305 profit in 1997 to a \$2062 loss in 1998. We obviously cannot remain a financially viable association with this sort of downturn without doing something to relieve the situation. Accordingly, as Secretary/Treasurer, I recommend that our subscriptions be raised from \$25 to \$30 starting from January 2000. This will be the first increase in subs since 1992, despite the rising costs of paper, postage and printing.

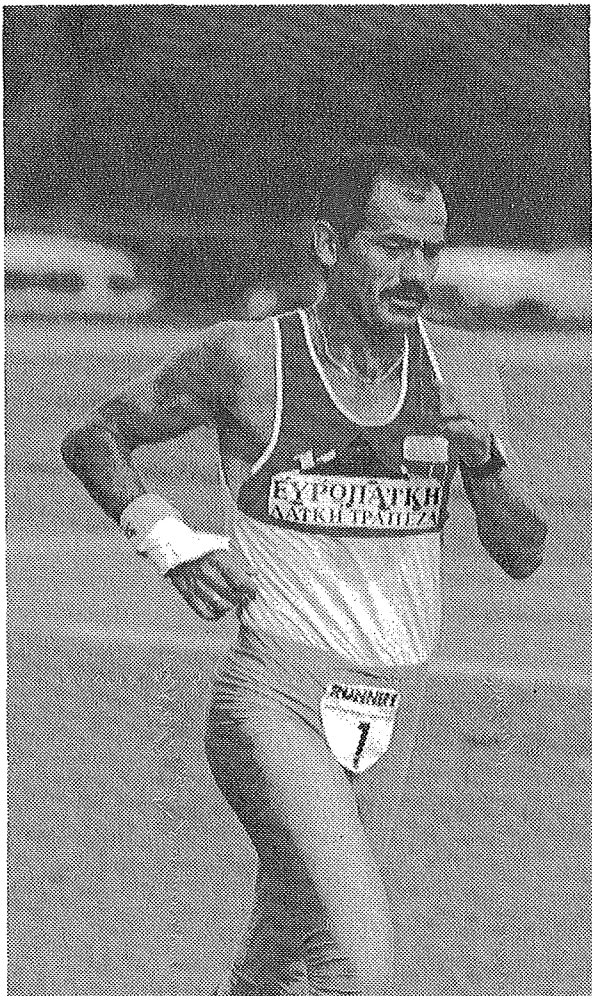
I would like to thank members once again for their diligence in sending a continual stream of results, reports and articles to us. Fortunately, we are never short of material for ULTRAMAG.

In closing, I wish to advise that I will not be standing for committee next AGM. I feel that 15 years in the one position is far too long and we need newer members to take over the reins with new enthusiasm and interest.

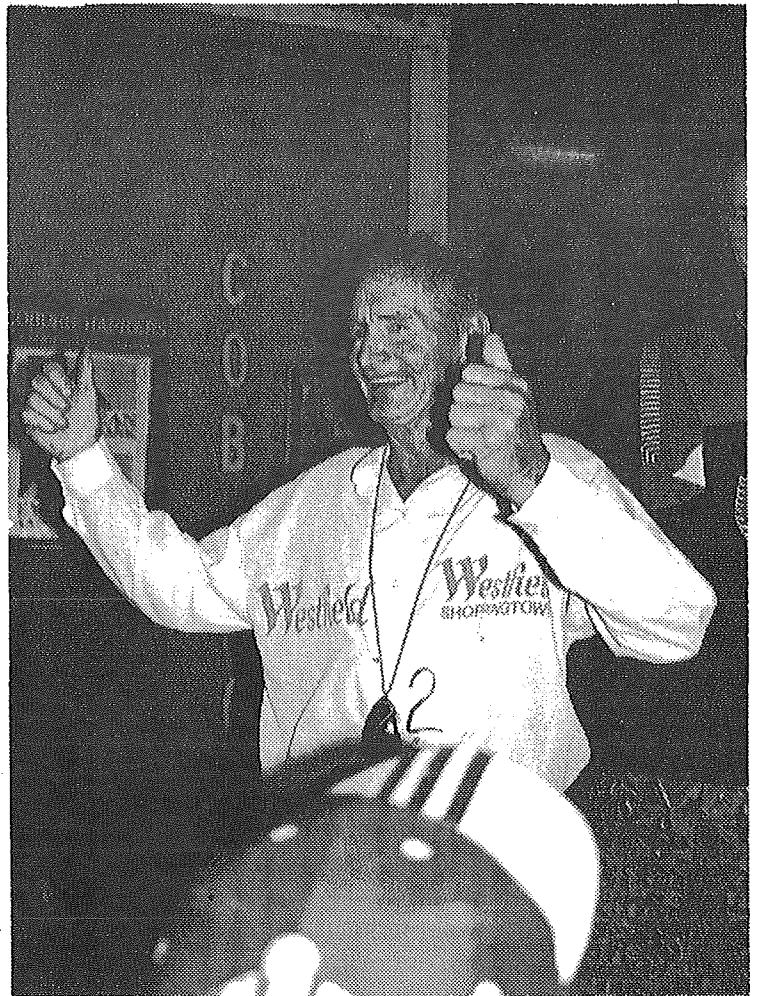
Thankyou and keep fit,



Dot Browne
Honorary Secretary.



World record holder for many ultra distances, Yiannis Kouros, overall winner of the 1999 Victorian 10. 24 Hour Championship at Coburg.



Inimitable Cliff Young, happy and still energetic at the finish of the 24 Hour event at Coburg on 8/9th May, 1999

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered Office: 4 Victory Street, Mitchan 3132
Telephone (03)9874 2501 Fax (03) 9873 3223
STATEMENT OF INCOME & EXPENDITURE - GENERAL ACCOUNT
1/1/98 TO 31/12/98

	<u>1998</u>	<u>1997</u>
<u>INCOME:</u> 226 Subscriptions (294 in 1997)	5685.44	7122.00
Donations	850.00	2292.00
AURA Races - Insurance contributions	300.00	300.00
AURA medals		100.00
Sales of Cliffy's Book	222.00	

	7057.44	9814.00
<u>EXPENSES:</u>		
Postage	1669.57	1779.30
Magazine expenses	5134.09	5318.06
Telephone	165.36	80.84
Copies of "Cliffy's Book"	160.00	
Catering AGM	8.41	
Statement of AGM - prescribed fee	32.00	32.00
Bank Charges	29.56	22.73
Public Liability Insurance	900.40	900.40
Book - Dave Cundy	18.90	
Petrol - 100Km Course Measurement	19.10	
VTOA membership	400.00	350.00
Parking - G.Hook		6.00
Paints for plaques, Trophies & Engraving	277.25	<u>18.80</u>
Stationery & Office Equipment	<u>298.27</u>	
	9119.55	<u>8508.13</u>
Loss	\$2062.11	Profit <u>\$1305.87</u>

STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT
1/1/98 TO 31/12 98

Stock in hand 1/1/1998 - <u>63 items</u>	<u>1998</u>	<u>1997</u>
<u>INCOME:</u>		
Sale of garments, car stickers, cloth badges	392.65	514.80
Bank interest	<u>.33</u>	<u>.60</u>
	392.98	515.40
<u>LESS EXPENSES:</u>		
Atlas Screening - Peter Ryan	381.00	202.00
Postage & handling	41.10	38.65
Bank Charges	<u>.32</u>	<u>.22</u>
	422.42	240.87
LOSS	\$ 29.44	PROFIT <u>\$274.53</u>
Stock in hand 31/12/98 - 71 items.		

STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT 1998

INCOME:	Profits from AURA races:	1998	1997
	Mansfield to Buller, January 1998	85.00	
	Bogong to Hotham, January 1998	199.26	45.87
	50 Mile Track Race, July 1997		51.80
	AURA Dam Trail (ADT 50) 1998	159.99	76.69
	Plus interest	<u>.90</u>	<u>1.68</u>
		\$445.15	176.04
EXPENSES:			
	F.I.D. Charges	.27	.11
	Loss on Mansfield to Buller 1997		20.00
	Loss on AURA 50 Mile Track Race	45.90	
		<u>46.17</u>	<u>20.11</u>
	PROFIT	\$ 398.98	PROFIT \$155.93

FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1998 BANK OF MELBOURNE

		1998	1997
1.	Account No. 39795075 as at 9/11/97 (one year terms)	7584.38	7155.48
	Plus 12 months interest @ 4.75% to 9/11/97	360.25	429.16
		7944.63	7584.64
	Less FID	.21	<u>.26</u>
			7944.42
2.	Account No. 76895796 as at 15/10/97 (6 month terms)	1474.42	1427.75
	Plus 6 months interest @ 1.25% to 15/4/98	9.19	28.44
	Plus 6 months interest @ 1.05% to 15/10/98	7.81	18.26
		1491.42	1474.45
	Less FID	<u>.01</u>	.03
	:\$		<u>1491.41</u>
	TOTAL INVESTMENTS AS AT 31/12/98		<u>1474.42</u>
		\$9435.83	9058.80

CASH IN HAND, AT BANK OR INVESTED AS AT 31/12/97

	1998	1997
Commonwealth Bank Cheque Account, Mitcham	5841.50	6390.06
Bank of Melbourne Clothing Account	419.03	448.47
Bank of Melbourne Race Account	1401.02	1002.04
Bank of Melbourne Investments	9435.83	9058.80
TOTAL ASSETS AS AT 31/12/98	\$ 17097.38	\$ 16899.37

COMBINED PROFIT & LOSS STATEMENT - 1/1/98 TO 31/12/98

COMBINED PROFIT & LOSS STATEMENT			
		1998	1997
INCOME:	Main Account	7057.44	9814.00
	Clothing Account	392.98	515.40
	Race Account	445.15	176.04
	Interest on investments	377.25	475.86
		\$ 8272.82	\$ 10981.30
LESS EXPENSES			
	Main Account	9119.55	8508.13
	Clothing Account	422.42	240.87
	Race Account	46.17	20.11
	Investments	.22	.29
		9588.36	\$ 8769.40
	LOSS	\$ 1315.54	PROFIT \$ 2211.90

A.U.R.A. ANNUAL GENERAL MEETING

MINUTES OF ANNUAL GENERAL MEETING AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE NEWPORT PARK ATHLETICS TRACK, WILLIAMSTOWN ON SUNDAY 23RD MAY, 1999

PRESENT: 11 members of the Association Tony Rafferty(Chair), Nigel Aylott, Peter Nelson, John Harper, Dot Browne, Kev Cassidy, Randall Hughes, Greg Love, Ross Shilston, David Jones, John Timms

APOLOGIES: Kevin Tiller, Geoff Duffell, Barry Stewart, Phil Essam, Geoff Hook, Max Carson

MINUTES: of the previous AGM held on Saturday 20th June, 1998, printed in Vol.13. No.3 of the Association's magazine, ULTRAMAG, were taken as read. Moved Nigel Aylott, David Jones that they be accepted as a true record of proceedings. Carried.

1.0 MATTERS ARISING: -

- 1.1 Re. Item 1.2, Phil Essam's book "The World's Greatest Race" is now complete. Congratulations to Phil and we urge members to support him by purchasing his book.
- 1.2 Re. Item 8.1, bank charges. Dot approached the Commonwealth Bank about waiving charges for AURA as a non-profit organisation and charges do not seem to have been added to our bank statements apart from the compulsory FID
- 1.3 Re. Item 8.4, IAU World 100km Challenge, our 1998 team performed extremely well and the 1999 event was held recently with Mike Wheatley, Paul Every and Rudi Kinshofer, and Sandra Timmer-Arends representing Australia. Results to hand soon.

2.0 PRESIDENT'S REPORT: - Geoff Hook

The President circulated copies of his report which will appear in the next issue of ULTRAMAG, Vol 14, No.2
Moved Kev Cassidy/Dot Browne that the President's Report be received. Carried.

3.0 SECRETARY'S REPORT - Dot Browne:

Dot Browne circulated copies of her Secretary's report, which also will be printed in the next issue of ULTRAMAG. Moved Dot Browne/ Tony Rafferty that the Secretary's Report be received. Carried.

4.0 TREASURER'S REPORT - Dot Browne

- 4.1 Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1998 to 31/12/1998, and commented on the figures, which indicate that our Association is no longer in a healthy financial position, mainly to the drop in subscriptions from 294 in 1997 to 226 in 1998 plus a corresponding drop in donations from \$2292 in 1997 to \$850 in 1998, resulting in an overall drop in income of around \$3000. Other expenses remained much the same. The combined profit & loss statement, taking into account our main account, clothing account, race account and investments resulted in an overall loss of \$1315.54, compared with a profit of \$2211.90 the previous year. The suggestion was put forward that the number of magazines produced be reduced from 4 to 3 per year, but this was not a popular choice with members. So it was Moved by the Secretary/ Treasurer, Dot Browne that there be an increase in fees for the year 2000 from the present \$25 to \$30, a rise of \$5 per year. Seconded Kev Cassidy. Carried. This will be the first rise since 1992, despite rising costs of paper, printing, public liability insurance and postage during the intervening 8 years. We are very grateful to Bruce Cook in Queensland for the efficient job he continues to do with the printing and distribution of the

mags. Also to Peter Ryan who produces and prints our AURA clothing at very reasonable costs.

Suggestions were put forward to assist in assisting finances with advertising in the magazine. The Secretary asked to write to athletic shoe manufacturers, the makers of Power Bars, sports' drinks, sporting goods, insurance companies, enclosing a copy ULTRAMAG and proposing paid advertising in our magazine to assist with production costs.

Moved Dot Browne, seconded Randall Hughes. that the Treasurer's Report be accepted. Carried.

5.0 STATEMENT BY COMMITTEE;

The following statement was received from the committee.

In the opinion of the committee:

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1998 and the state of the affairs of the Association as at 31st December, 1998.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved Dot Browne seconded Tony Rafferty that the statement be accepted. Carried.

6.0 ELECTION OF OFFICE BEARERS;

The following members were elected into office:

President:	Geoff Hook
Hon. Sec:	Dot Browne
Vice. Pres:	Tony Rafferty
Assistant Sec.:	John Fotakis
Treasurer:	John Harper
Ordinary members:	
(for Victoria)	Nigel Aylott Kev Cassidy

7.0 APPOINTMENT OF AUDITOR;

Peter Feldman, ex. Commonwealth Bank manager, has expressed his willingness to accept the appointment of Honorary Auditor.

Moved Dot Browne, seconded John Harper that Peter Feldman be appointed Honorary Auditor for the year ended 31st December, 1999 and that Peter be thanked for his excellent services in the past year. Carried.

8.0 GENERAL BUSINESS;

- 8.1 Through Tony Rafferty, Yiannis Kouros has expressed his opinion that AURA is not doing enough in seeking sponsorship to assist athletes to compete overseas in international events. Committee members stated that AURA is a voluntary organisation and that we are all employed in full time occupations which demand much time and energy, with little of either left over for more demands. Also, with current financial and political climate, businesses which may have considered sponsorship in the past, have now closed shop to sponsorship and money to assist athletes seems impossible to obtain. All government grants for athletics go directly to Athletics Australia, who allow meagre amounts for the sport of ultrarunning.
- 8.2 Tony Rafferty announced that the Australian 6 Day Race at Colac would be held from 14 - 20th November and would be a high profile event.
- 8.3 John Timms introduced the concept of a 100km "Race Around Lake Wendouree" in Ballarat proposed for the year 2000, a 6km circuit. More information to follow.
Meeting closed at 4.30pm.

LETTERS TO THE EDITOR

Hi Dot!

Hey what happened to the results of the 150km/24 Hour Track Race at Aberfeldie Track on 10th March 1985? Don't try to tell me that it didn't exist as I've got the certificate and fond memories to prove that it did.

I know you're going to think I'm nit-picking, but now with an arthritic knee and only memories to remember it by, I'd like to get your records straight.

In the last issue of AURA, you've got me listed in the 24 Hour Track Race Rankings as 277 with a 146.880km, whereas if you take into account the Aberfeldie event, I increase my rankings a whopping 9 spots and 3.2km (whoopee!!!!). I bet Gerry Riley wouldn't have missed that massive discrepancy!

Anyway Dot, keep up the good work. I consider the AURA mag good value for my money. And give my regards to Hookie, Peter Ryan, Peter Logan and Mick Whiteoak, the old gang.

Sincerely
Bruce Cook (Strathmore, Victoria)

Ed's note: Fair enough Bruce and we know you don't want to rush things but that event was 14 years ago! How come it's taken you so long to stir us up?

Dot.

Many thanks for the sent article on Yiannis Kouros. Over in the States, we get very little information on ultrarunning, much less Kouros. There is much to learn from what Yiannis has to say.

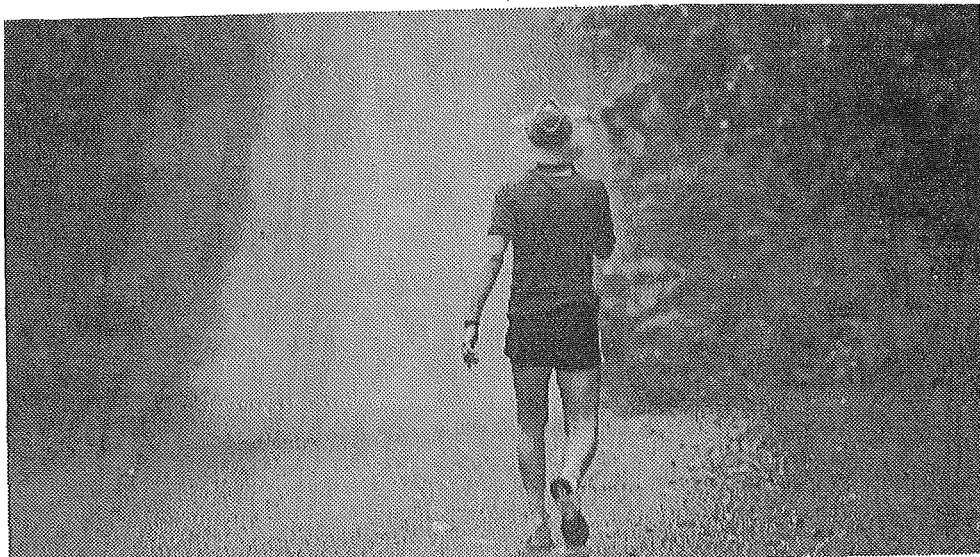
An acquaintance of mine, Tarak Kanf, who has met with Yiannis when he raced over here said Yiannis was going to publish a book but hadn't found an English language publisher yet. He told me this almost two years ago. Do you know if there is such a book out now? If there is, I would love to know how I could purchase a copy.

Finally, we haven't heard any racing results from Yiannis since his great 303.5km run. If something becomes available, could you possibly send me the results? Stotans and readers of the Stotan News would thus be informed and inspired by what I'm able to pass along to them.

Again Dot, thank you for the article! Best of health and running to you and fellow club members,

Dave Cavall, Editor Stotan News, New York.

Ed's note: Sorry Dave, Yiannis has not informed us of any book written by himself as yet. In regard to his racing since his BIG RUN, we feel he is resting on his laurels and entering race walking events and taking the pressure off himself.



Sandy Buchan, rainforest & mist on top of the Bunyas
in the Wu Wurry Walk, 1999

3rd Annual
SRI CHINMOY
24 Hour
Track Race Carnival

INCORPORATING THE:

- **SRI CHINMOY 24 HOUR RACE**
 - *New Zealand 24 Hour Championship*
 - *New Zealand Centurion's qualifying opportunity*
- **SRI CHINMOY 12 HOUR RACE**
- **SRI CHINMOY 6 HOUR RACE**
- **SRI CHINMOY 24 HOUR TEAMS RELAY CHALLENGE**

SOVEREIGN STADIUM
AUCKLAND NEW ZEALAND
SAT/SUN 10/11 JULY 1999

Information

Services/facilities for runners

- Personal lap counters
- Hot and cold meals, snacks and drinks throughout races
- Rest rooms, showers, medical/massage assistance
- Certified, synthetic, floodlit 400m track
- Splits at 50, 100, 200 km, 30, 40, 50, 100 miles
- Running direction changed every 6 hours
- Trackside camping (tents only)
- Hourly progress reports
- New Zealand Centurion's Club judges available for endurance walkers wishing to become Centurions.
 (Centurions are those judged to have walked 100 km or 100 miles in 24hrs)

Start

24 Hour Race 8.00am Sat 10 July 1999
 12 Hour Race 9.00am Sat 10 July 1999
 6 Hour Race 10.00am Sat 10 July 1999
 24 Hour Team Relay 8.00am Sat 10 July 1999
 [Team Relay:- 6 runners per team. Each team member to run at least two hours per shift]

Entry Fees

- | | |
|----------------------|----------------------------|
| • 24 Hour Race \$110 | • 12 Hour Race \$80 |
| • 6 Hour Race \$60 | • 24 Hour Team Relay \$150 |
| | [6 runners@ \$25 each] |

Location

Sovereign Stadium
 (North Shore Bays Athletic and Sports Club)
 Enter via Rangitoto College
 564 East Coast Road
 Mairangi Bay, Auckland

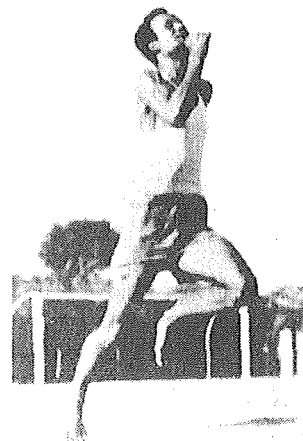
Prizes

- Richard Tout Perpetual Trophy for first place
 24 Hour men's open category
- Sandra Barwick Perpetual Trophy for first place
 24 Hour women's open category
- Medallions for all finishers
- Free 'T' shirt for individual entrants in 6, 12 & 24 hour races

Applications for entry

Applications close 25 June 1999
 Applicants must be over 18 years of age
 Send applications with cheque to
 Sri Chinmoy Marathon Team
 PO Box 56-415
 Dominion Rd
 Auckland 1030
 New Zealand

For information phone 09 623 0325 fax 09 623 0335
 or 09 630 8329



*"The determination
 In your heroic effort
 Will permeate
 Your mind and heart
 Even after
 Your success or failure
 Is long forgotten."
 — Sri Chinmoy*

SRI CHINMOY 24 Hour Track Race Carnival

Individual Entry Form

Surname										First name										Initials			
Name																							
Postal Address																					Male	<input type="checkbox"/>	
																					Female	<input type="checkbox"/>	
Phone:	Day									Evening									Birth date				

Best Ultra performances

Age on race day [| |

6hr km 50km

'T' shirt size M L XL

12hr km 100km

24hr km 50 miles

Best marathon

Other _____



Event: 24hr ☐ \$110

12hr \$806hr ☐ \$60

In consideration of this entry, I, the undersigned, intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives from any claims arising out of any and all injuries or losses suffered by me in the said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

Signed _____

Dated _____

Team Entry Form

Team name

Team contact: Name

Address _____

Phone _____

Please find enclosed \$..... being \$150 for team entry plus \$..... for ^{no.} 'T'shirts @ \$20 each

In consideration of this entry, we, the undersigned, intend to be legally bound, hereby for ourselves, our heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives from any claims arising out of any and all injuries or losses suffered by us in the said event. We attest and verify that we are physically fit and sufficiently trained for the completion of this event.

'T' shirt size (\$20 each)

Names of Team Runners	Age	Signature	Date	M	L	XL
1						
2						
3						
4						
5						
6						

Sri Chinmoy is a contemporary meditation teacher, author, musician-composer, weightlifter, athlete and peace advocate, who has inspired people of all nations with his message of self transcendence through sport and physical fitness as we walk and run towards a new millennium of personal growth and inner peace.

1999 AUSTRALIAN & QUEENSLAND 48 HR. & QUEENSLAND 24 HR INDIVIDUAL & TEAMS RELAY TRACK CHAMPIONSHIPS (RUNNERS & WALKERS)

Sponsored by ERGON ENERGY and the MARYBOROUGH CITY COUNCIL

Date.: 9.00 a.m. Friday 20th. August 1999 for the 48 hour race.

9.00 a.m. on Saturday 21st. August 1999 for the 24hr race.

9.00 a.m. on Saturday 21st. August 1999 for the 24 hr relay race.

Venue: Eskdale Park.(The Home of Wide Bay Rugby League) Albert St. Maryborough, Queensland.

Track : Grass track, good condition. Good lighting. Certified by survey.

Maryborough is 3hrs drive North of Brisbane on the Bruce Highway. Population 26,000. Main industries are Heavy & Light Engineering, Saw Milling & Sugar Production. Also the " Heritage Capital " of Queensland with many fine old Colonial Buildings.

Facilities : Clean toilets with plenty of good showers. Staffed canteen providing a good range of food at reasonable prices. There is an area for small tents to be erected, with power supplied. Tents may be erected just prior to or during the race.

Lap scorers will be under cover with tables and chairs provided.

Entry Fees : 48hr - \$60, 24hr - \$50, if received by 6th August 1999. After that date add \$10 for a late entry fee. Deduct \$10 if a member of QURC or FCRRC. Entry fee includes a quality T-Shirt. Trophies to winner and placegetters. Medallions to all finishers.

24hr Relay Teams \$60(Team of up to 6 runners). Entry fee includes Trophies for winners and placegetters. Tshirts may be purchased separately.

24hr Relay Rules : Each runner / walker must complete a minimum of 2hr on the track for any leg. Must compete in outside lane. Only 1 competitor from each team to be on the track at any stage.

Race Conditions : 1. No pacing allowed if, in the opinion of the Race Director, such would result in an unfair advantage.

2. Queensland and Northern NSW entrants are expected to supply their own Lap Scorers. Lap Scorers will be provided for Interstate and Overseas competitors. Crewing and food is the responsibility of the runners. A staffed canteen will be in operation for a large portion of the race. 3. NO artificial aids or unprescribed medication are to be used by any competitor. The Race Director must be advised of any prescribed medications. 4. Any competitors walking two or more abreast must move to the outside, making the inner lane/s available for runners. This applies particularly on the corners. 5. The Race Director may withdraw any runner or walker at any time at his sole discretion. 6. Any competitor who is absent from the track for 4hrs or more in any one break in the 24hr event or for 6hrs or more in any one break in the 48hr event, shall be regarded as a DNF and will not receive a finishers medallion.

Information : Race Organiser- Brian Evans, C/O The Body Corporate Gym, P.O.Box 863 Maryborough, Qld 4650. Phone : 0741214200.

ENTRY FORM

NAME.....

ADDRESS.....

PHONE NO..... M..... F..... D.O.B..... AGE.....

EVENT : 48HR RUN.\$..... 48HR WALK.\$.....

24HR RUN.\$..... 24HR WALK.\$.....

T SHIRT SIZE : MEDIUM..... LARGE.....

24HR RELAY.\$..... RUNNERS NAMES 2.....

3.....

4.....

T SHIRTS @ \$10 EACH..... 5.....

T SHIRT SIZE : MEDIUM..... LARGE..... 6.....

WAIVER FOR ENTRANTS IN THE 48HR, 24HR & 24HR RELAY EVENTS

1. I have read and agree to abide by the conditions stated.
2. I am medically race fit and have adequately prepared for this race
3. I, my legal heirs and support crew will not hold the organisers responsible for any injury, illness or accident sustained or death resulting from my participation in this event
4. I give my permission for any photographs or media releases to be used freely by the race organisers.
5. The Race Directors decision is final and no correspondence or disputes will be entertained.

SIGNED..... DATE.....

RETURN TO: BRIAN EVANS, P.O.BOX 863 MARYBOROUGH QLD. 4650.

AUSTRALIAN CENTURIONS CLUB

24 HOUR RACEWALK 1999

Interested in a real challenge? How far can you walk in 24 hours? Do you want to try for the Bronze Medal performance of 50 Km? Do you think you are up to the Silver Medal performance of 100 Km? Or do you think you can join the very select and small group of walkers who have achieved the ultimate in racewalking and become Centurions by walking 100 miles within 24 hours.

The Victorian Race Walking Club and the Australian Centurions Club are pleased to announce that there will be a 24 Hour Walking Challenge Event held this year in Melbourne. Details are as follows

18-19 September 1999
Harold Stevens' Athletic Track
Outlook Rd, Coburg, Victoria

It will feature the following events

50 Km Walk	-	The Bronze Medal Distance
100 Km Walk	-	The Silver Medal Distance
100 Mile Walk	-	The Gold Medal Distance
24 Hour Endurance Event		

ADDRESS FOR ENTRIES Tim Erickson
 1 Avoca Cres
 Pascoe Vale 3044 Victoria
 Ph: 03-93792065 (ah) 0412 257 496 (mob) terick@melbpc.org.au

ENTRY FEE \$40 24 Hour Walk / 100 Mile Walk
 \$20 100 Km Walk
 \$15 50 Km Walk
 Entry fee includes souvenir T-shirt
 (Cheques payable to Australian Centurions Club)

ENTRIES CLOSE Mon 13 September 1999

START TIME 2 PM Saturday 18 September 1999

FINISH TIME 2 PM Sunday 19 September 1999

Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53	22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48	24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09	26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22	28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12	30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31	32	Norm Morriss	1998	22:32:47
33	Yiannis Kourous	1998	22:55:23	34	Roger LeMoine	1998	23:04:51
35	Susan Clements	1998	23:58:40				

ENTRY FORM

SURNAME

Given names _____

Address

City

Post code

Sex (M/F) _____

Phone (Home) _____ (Work) _____ Birth Date: ____ / ____ / ____

T-shirt size Small ☐ Medium ☐ Large ☐

I enclose my entry fee cheque / postal note for \$ _____ payable to Australian Centurions Club.

Signature of entrant

(Signature of parent/guardian required if athlete is 17 years or under)

Race Category: Tick appropriate distance or category

100 Mile /24 Hour Walk _____

100 Km Walk _____

50 Km Walk _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking Race, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed _____

Date _____

CONDITIONS OF ENTRY

- All entrants must supply their own crew and whatever food they require.
- The organizing committee may withdraw any walker at any time on medical advice, or failure to abide by the race rules.
- The direction of walking will be changed every 3 hours.

INCIDENTAL DETAILS

- Newly resurfaced all-weather synthetic Track
- Track Lighting overnight
- Full clubroom facilities including hot showers and kitchen access
- Trackside camping (no electricity) available for vans and tents
- A trackside portable toilet will be available for all ultra-distance walkers
- Perpetual trophy to the Centurion performance deemed most meritorious
- Gold, silver and bronze Centurion medallions to all competitors who complete the set distances
- Souvenir T-shirt to all entrants in all events.

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop runners
SUNDAY, 9TH JANUARY, 2000 (15TH EDITION)

COST:	\$30.00	(for AURA current financial members)
	\$35.00	(for non-members)
	\$5.00	Surcharge for transport from where you finish, back to where you started.
CLOSING DATE:	22nd December, 1999	(SPECIAL STAGE BEING OFFERED FROM HALF WAY TO FINISH.
DISTANCE:	60km approx. total climb 3,000m approx.	START 11.30AM AT LANGFORD GAP, FINISH MT. HOTHAM
START:	6.15am at Mountain Creek Picnic Ground	SUMMIT. DISTANCE APPROX. 26KM). (Your chance to do this
FINISH:	Mount Hotham	section if you've had trouble with the cut-off in previous years!)
IMPORTANT NOTES:		

1. Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 22nd December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 22nd December.
2. The carrying of a water-proof spray jacket is **MANDATORY** no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

In registering for this event, all runners are bound by the following conditions:

Numbers Limit: There is a limit of 50 competitors allowed in the event. To encourage people to enter early and make the Race Organiser's job easier, places will be awarded on order of receipt of entry application.

Time Limit: There will be a maximum time limit of five and a half (5½) hours for any runner who wishes to complete the run to reach the halfway point at Langford Gap. A second time limit of six and a quarter (6¼) hours for any runner successful in leaving Langford Gap to reach the Omeo Road crossing. These times will be strictly enforced.

Instructions: All competitors must obey instructions from Race Officials, especially if instructed to withdraw from the race for medical, injury or non-achievement of time limits reasons.

Age Limit: The minimum age for an entrant is 18 years old.

Postponement of Run: Should the weather be unsuitable on the day of the race, the organisers have the right to postpone or cancel the event.

Entry Restrictions: The organisers reserve the right to refuse any entry to the run if that person is ill-equipped or unfit for the event.

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the organisers as soon as possible.

Pacing: Pacing will not be permitted in this event.

Mandatory Spray Jacket: This item must be carried by all competitors at all times during the event.

Emergency Kit: If declared mandatory, an emergency kit must be carried by all competitors (details in information).

Accidents: If a participant becomes incapacitated during the run, other participants should assist him/her to safety.

Caution: The course is not marked by ribbons. The course is well described, sketches supplied for potential problem spots and every effort will be made to have sufficient marshalls on course. However, if you don't know the course and have trouble navigating, **DO NOT ENTER THIS EVENT**.

Warnings: Persons participating in this run do so at their own risk. This run is mostly a "self-help" exercise which necessitates familiarity with the area or ability to follow directions and read a map. First-time participants in this run are advised to carry a map and compass. Participants should be aware of the vagaries of alpine weather. A misty morning can clear to a hot day when sun-stroke is a risk, or the weather can deteriorate to snow showers in a matter of hours, even in summer. It is necessary that appropriate clothing be worn or carried, as well as emergency food. On warm days, snakes are also likely to be about.

Entrants should note that there exists a public liability insurance policy of \$5,000,000 for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop runners
SUNDAY, 9TH JANUARY, 2000 (15TH EDITION)

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....

PHONE: (H) (.....) (W) (.....) Email

AGE ON DAY OF EVENT: DATE OF BIRTH:

DO YOU INTEND TO RUN THE: 1ST HALF; 2ND HALF; FULL DISTANCE ? (circle which option)
(NOTE: 1st or 2nd half declarations must be definite; declarations for the full distance is for an organisational guide - you may change your mind on the day but you must start the 1st half).

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your performance, winner's performance)

.....

.....

.....

BEST PERFORMANCES in any ultra event within the past 6 months: (as above)

.....

.....

.....

HAVE YOU COMPETED IN THIS EVENT BEFORE? (Yes / No)

DO YOU REQUIRE TRANSPORT FROM WHERE YOU FINISH TO WHERE YOU START? (Yes / No)

I understand that, as condition of acceptance of my entry in the AURA Bogong to Hotham Trail Run, for myself, my heirs, my executors and administrators, I hereby waive all and any claim for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of, or consequent upon, my entry or participation in the said event.

Signed: Date:

Cheque / Money Order / Cash enclosed for:	Event Entry	\$
	Optional Transport	\$
	Donation	\$ _____
	Total Enclosed	\$ _____

Proceeds to the Twin Cities Radio Club for their generous volunteer support.

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt. Waverley, Vic, 3149
Ph: (03) 9808 9739 (H) or (03) 9826 8022 (W)
(Not contactable after 24th December)
Cheques payable to: Geoff Hook

ADT50
AURA 'DAM TRAIL 50'
SUNDAY 19TH MARCH, 2000

COST: \$28.00 (for AURA current financial members)
\$33.00 (for non-members) **DISTANCE:** Not less than 50km
RACE RECORD: Nigel Aylott 4:20:28 (1999)
START: 9.00am, Fernshaw Reserve Picnic Area **FINISH:** Below the Maroondah Dam Wall
CLOSING DATE FOR ENTRIES: 6th March, 2000 (\$5 surcharge for late entry to 15th March, 2000).

IMPORTANT NOTES:

Late entries after 15th March, particularly entries on the day, **will not be accepted.**

A car shuffle will be organised to retrieve your car from Fernshaw Reserve.

Please be at the start before 8.30am to allow sufficient time for race preliminaries.

Chest numbers will be handed out before the start.

The organiser does not know what level of volunteer support will be available on the day. There will be a number of checkpoints with water and limited food (which may include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).

Entrants may feel the entry cost is high, but the cost allows for the Race Organiser to pay a contribution to AURA for the very expensive cost of Public Liability insurance. Without this insurance this race would not be permitted to be held.

After the race we will have a social get-together in the Healesville Hotel for drinks and an early counter tea. Please try and attend this function.

WARNINGS AND RULES OF THIS EVENT

In registering for this event, all runners are bound by the following conditions:

Time Limit: There will be a maximum time limit of 2½ hours for any runner who wishes to complete the run to reach Dom Dom saddle for the second time (approximately 20km).

Road Crossing: A dangerous road crossing will be encountered after the second visit to Dom Dom Saddle. All runners shall only cross the highway under supervision of a Race Marshall. All instructions from the Race Marshall shall be obeyed. Disobeying any instruction from this Race Marshall could result in being hit by a vehicle or disqualification from the event.

Course Marking: The course will only be marked (type of marking will be announced at the start) at selected locations. Competitors are strongly advised to purchase the detailed maps to ensure they are familiar with the exact course details. If you don't want to purchase the maps, unreduced photocopies (2 x A3 sheets) of the relevant sections of the maps encompassing the course can be obtained from the organiser for \$5.00.

Age Limit: The minimum age for an entrant is 18 years old.

Postponement of Run: Should the weather be unsuitable on the day of the race, the organiser has the right to postpone or cancel the event.

Entry Restrictions: The organiser reserves the right to refuse any entry to the run if that person is ill-equipped or unfit for the event.

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the Race Director or a Race Marshall as soon as possible.

Pacing: Pacing will not be permitted in this event.

Accidents: If a participant becomes incapacitated during the run, other participants should assist him/her to safety.

Warnings: Persons participating in this run do so at their own risk. This run is mostly a "self-help" exercise which necessitates familiarity with the area or ability to follow directions and read a map. First-time participants in this run are advised to carry a map and compass. Participants should be aware of the vagaries of alpine weather. A misty morning can clear to a hot day when sun-stroke is a risk, or the weather can deteriorate to snow showers in a matter of hours, even in summer. It is necessary that appropriate clothing be worn or carried, as well as emergency food. On warm days, snakes are also likely to be about.

Entrants should note that there exists a public liability insurance policy of \$5,000,000 for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.

ADT 50

AURA 'DAM TRAIL 50'

SUNDAY, 19TH MARCH, 2000

A run around Maroondah Dam, Healesville, Victoria

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....

PHONE: (H) (.....) (W) (.....) Email

AGE ON DAY OF EVENT: DATE OF BIRTH:

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your performance, winner's performance)

.....

.....

.....

BEST PERFORMANCES in any ultra event within the past 6 months: (as above)

.....

.....

.....

I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", for myself, my heirs, my executors and administrators, I hereby waive all and any claim for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of, or consequent upon, my entry or participation in the said event.

Signed: Date:

Cheque / Money Order / Cash enclosed for:	Event Entry	\$
	Donation	\$
	Total Enclosed	\$

Send entry application to:

Geoff Hook, 42 Swayfield Road, Mt. Waverley, Vic, 3149
Ph: (03) 9808 9739 (H) or (03) 9826 8022 (W)
Cheques payable to: Geoff Hook

ULTRA TASMANIA INC.
Its Fun In The Long Run



BRUNY ISLAND 64KM ON 5/12/98

Given a gradually reducing participant list over the past few years, Ultra Tasmania embarked upon increased promotion for the 1998 event which resulted in the two solo runners of 1997 increasing to eight, and seven teams becoming twenty-one.

It was a very pleasing outcome for both ultra running, and the finances of Ultra Tasmania.

Tim Sloan started the run as half a two person team, but decided at the marathon point to go it alone, and in the end was less than a minute outside the race record. Tim seems to be at the top of his running at the moment, and we wish him well in Comrades and other events.

All other solo runners showed tremendous courage to compete the course when pulling out felt a possibility. Paul Stancome started early and performed smoothly over the distance, and Dick Crotty plugged away from 4am to break ten hours and secure the handicap prize. Mike Maddock walk / ran all the way even though his training had been somewhat down, David Picone applied tenacity to make it to the finish, and Terry Threlfall showed the value of a little rest at 50km to zip over the last 14 kilometres. Regular ultra performers Andrew Lucas and David O'Brien again ran good times, albeit a little slower than in the past.

Weather for the race was cool and windy to start, but gradually the warmth increased to a pleasant level. As seems traditional, the exposed parts of the course presented a moderate headwind by standards, increasing to a full gale at the finish at the lighthouse.

Support for the team event was tremendous and involved junior teams (Cheaters), senior teams (Gentlemen), athletics clubs (Woodbridge), orienteers (EVOC), state footballers (Glenorchy), the corporate sector (NORTAS), social runners (Headway), and many others.

A close tussle developed for the team lead between two athletics clubs who traditionally race each other over the course. In the end they were less than five minutes apart, although three other teams showed good pace to be reasonably close behind. It was evident that all runners had another terrific day and enjoyed the country and ocean scenery afforded by a run which is held on quite, mostly dirt roads.

Many thanks to our supporters for this year, especially the Bruny D'Entrecasteaux Visitor Centre for providing prizes of local produce, Talays for the gift vouchers, the Kingborough Council for the replica shield presented to the fastest solo runner, and the Hotel Bruny for providing a venue for post event presentations.

Ultra Tasmania was encouraged by the entries of Dick Crotty from South Australia and Terry Threlfall from NSW, and with the excellent support provided by local solo and team runners.

SOLO	1	Tim Sloan	4.13.34
	2	David O'Brien	5.16.07
	3	Paul Stancombe	6.05.10
	4	Andrew Lucas	6.09.54
	5	David Picone	6.36.34
	6	Mike Maddock	7.02.31
	7	Terry Threlfall (NSW)	7.07.18
	8	Dick Crotty (SA)	9.50.08

BANANACOAST ULTRAMARATHON, 85KMS. 1999

Angie Cottrell made it two wins and two ladies' records from two runs in this year's Seventeenth Annual road ultra between Coff's Harbour and Grafton , a truly formidable achievement . However formidable achievements are what this event is all about , or that seemed to be the case this year .

Kelvin Marshall took line honours for the third time which is impressive enough but he made it back to back victories AFTER winning the Tambourine Trek the week before . The first time that he won the Bananacoast event (1996) he had ONLY managed a second place in the Brisbane Waters Bush Bash the preceding week . This year Kelvin did show a glimpse of common humanity by not breaking seven hours , although it should be added , he did not need to , as his main opposition in the early running was forced to call a halt to the chase at 60 kilometres .

His 7.23.03 saw a gradual slow down after a first 50 kms in 4 hours but after Jim Bennington pulled out with debilitating arthritis the Sydney Strider from Melbourne was always going to win . Also this year he delayed his drive back to Melbourne until the Monday ! At 34 age just might be catching up .

It certainly has had nothing short of the opposite effect on Angie Cottrell and second place getter John Fowler : Both posted personal bests . For the fifty year old first lady her time of 8.52.38 marked an improvement of over three minutes on the record she set going south last year . She claimed to have suffered a bit over the closing kilometres but her consistency was remarkable as she passed the marathon (halfway) point in 4.17 , her pace maintained with the assistance of the excellent crewing of her brother Roger and her mother .

At 59 John Fowler is our most senior finisher in this event , an honour he held from 1997 . Now he has made it even tougher for those of us hoping to run on into our fifth decade . John's run of 8.40.55 registered an improvement of gargantuan proportions , over 50 minutes , on his more than respectable 1997 effort . Mind you the next 50 minutes improvement might pose a challenge . As a true gentleman of the road he is most welcome to come back and try , going south in 2000 .

Third man to finish was a very happy Geoff. Hain who logged his ninth finish in this event . He was quick to point out that , as Jim Bennington did not finish and I did not even start this year , he was closing in on us for the distinction(?) of the most finishes . Geoff was well pleased with his time of 9.13.07 as it represented his best performance in eight years . Another over 50 year old on the improve . Hope springs eternal - - - maybe next year I'll get to start too . Finishing is another matter entirely !

Finishing was what kept our only event debutant , Nick Haagsma , going and going and going . Nick had never attempted anything like this before , although he had run a full marathon . One suspects that his training for his marathon p.b. of 3.30 was a tad more comprehensive than his build-up for double the distance .

BANANACOAST ULTRAMARATHON, 85KMS. 1999

Anyway , once informed that we would wait for him no matter how long he took he persevered . Although reduced to a very painful walk for much of the second half he completed the trek in 12.19.57 . I doubt if anyone was happier to see the Grafton Post Office . He became a new addition to quite a short list of North Coast (N.S.W.) residents who have completed the Bananacoast race .

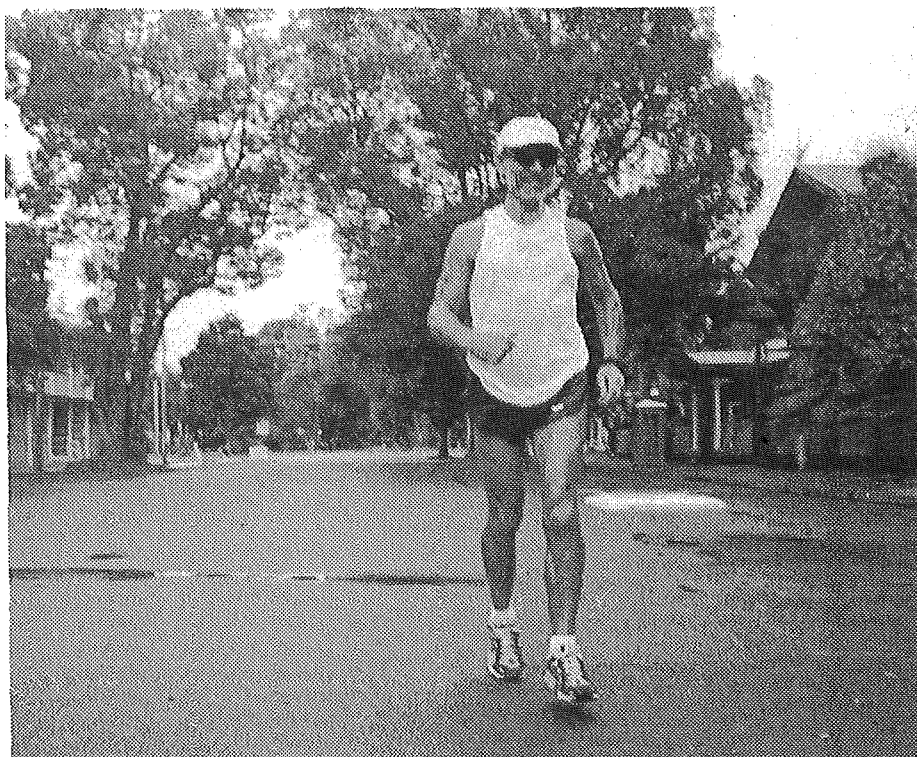
Another notable achievement for Kelvin was that his finish represented his 66th ultra marathon thereby , at least temporarily , taking his ultras past his number of marathons (65) .

RESULTS 1. KELVIN MARSHAL (MELBOURNE , VICTORIA)
DATE OF BIRTH 6.6.64 - 7.23.03 .
2. JOHN FOWLER (BURLEIGH HEADS ,
QUEENSLAND) DATE OF BIRTH 17.9.39 - 8.40.55 .
3. ANGIE COTTRELL (BROWNS PLAINS ,
QUEENSLAND) FIRST LADY -- 8.52.38 (RECORD)
4. GEOFF HAIN (LENNOX HEAD , N.S.W.)
DATE OF BIRTH 12.8.46 -- 9.13.07 .
5. NICK HAAGSMA (BOAMBEE , N.S.W.) DATE
OF BIRTH 15.3.45 -- 12.19.57

FOOTNOTE (PUN INTENDED) Due to the dearth of people able to travel to our event , especially from the south , and the big step up that the distance represents for most local runners we are examining the idea of holding a shorter run in conjunction with next year's Bananacoast Ultramarathon as a way of encouraging more (any?) locals to take the plunge . The shorter event would still be an ultra , probably from Grafton to Nana Glen , approx. 56 kms . Any feedback from A.U.R.A. members would be welcome . Runners would still be best served by having a second although 'planting' drinks/food is an option for those willing to rough it

STEEL BEVERIDGE

Geoff Hain makes
it No.9 finish!!



Distance runners defend race titles

VICTORIAN Kelvin Marshall and Queenslander Angie Cottrell successfully defended their titles in this year's Bananacoast Ultramarathon between Coffs Harbour and Grafton on Sunday.

Thirty-year-old Marshall, the youngest runner in the field, led from the start at the Coffs Harbour Hotel, reaching the five kilometre mark atop Red Hill in 22.45, which gave him over a minute and a half lead over Sapphire's Jim Bennington.

Bennington was dogged in his pursuit of the defending champion until injury, in the form of a recurrent arthritic condition, intervened, forcing him to withdraw north of Glenreagh.

Bennington's withdrawal took the pressure off Marshall who was beginning to feel the effects of his fifth straight victory in the Tambourine Trek over 68 kilometres only the week before.

After reaching the 50 kilometre mark in just over four hours, the much-travelled Victorian computer programmer then proceeded to run conservatively to the finish at Grafton Post Office, which he reached in 7.23.03.

The 85 kilometre race on Sunday was Marshall's 66th career ultramarathon and meant that he joins Queenslander Geoff Boase as a three-time winner of the Bananacoast event.

He plans to race over the more conventional marathon (42.2 kms) distance in a fortnight "when my legs recover" as he stated before heading back to Melbourne.

Angie Cottrell also joined a select group with her run on Sunday as she made it not only back-to-back victories but also back-to-back record-breaking runs.

Her time in crossing the finish third outright was 8.52.38, faster than the new Grafton to Coffs record of 8.55.53 she set last year and a massive one hour 16 minutes faster than the previous female record held by Newcastle's Trudi Kidd.

Fifty year Cottrell, superbly crewed by her brother Roger and her mother — it was Mother's Day after all — ran with great determination and consistency, having passed through the marathon mark in 4.17 her second half slow-down was almost imperceptible.

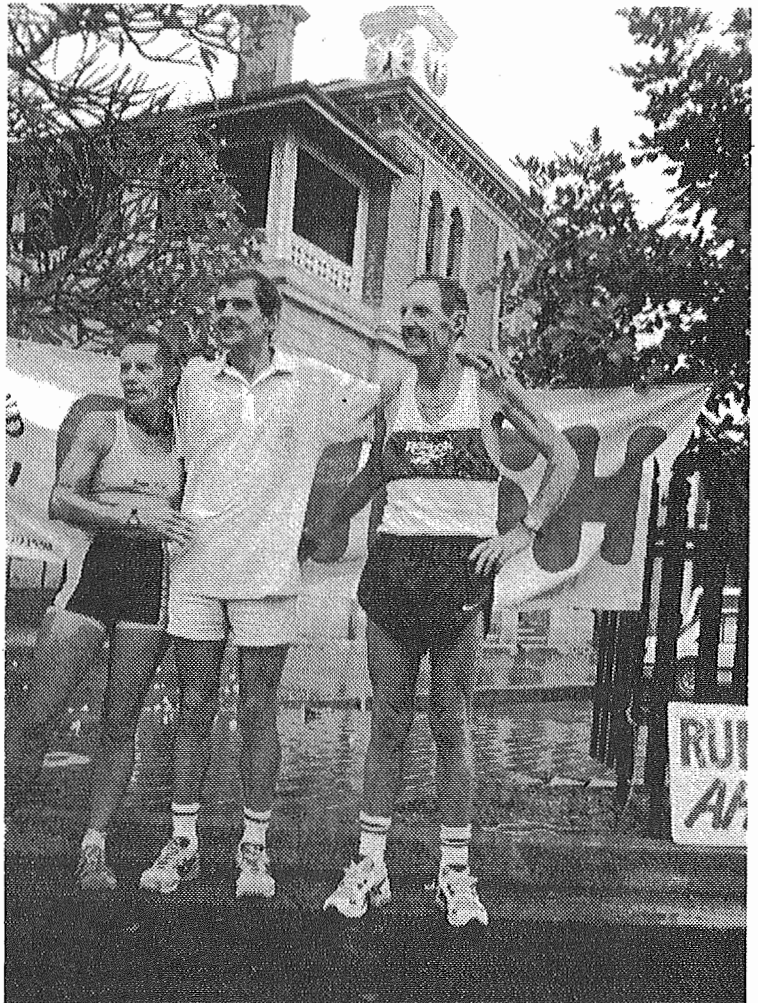
Also slowing down only marginally in the second half was 59-year-old Burleigh Heads runner John Fowler, whose 4.09 first marathon set him up for a massive improvement of over 50 minutes on his 1997 run in this event.

His finish time of 8.40.55 was good enough to make sure of the runner-up position.

Third man and fourth to finish was Lennox Head runner Geoff Hain who faded a little more to record a time of 9.13.07.

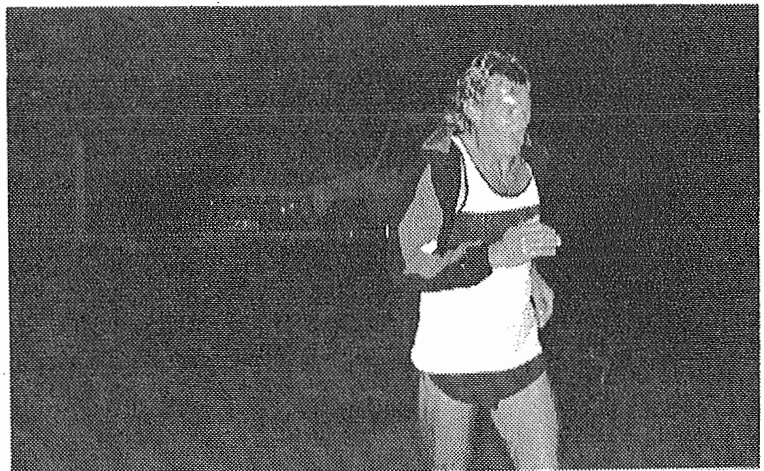
However Hain was well pleased with his run as it was his fastest effort in eight years in the event and it also registered his ninth finish from nine starts.

'Grafton Examiner'
28



(Above)
Angie Cottrell, Kelvin Marshall
and John Fowler after the event.

(Below)
A very relieved Nick Haagsma.



The final finisher, and the only event debutant, late entrant Nick Haagsma from Boambee, made the second-half fade into an art form as he battled cramp and blistering to struggle into Grafton after the longest and loneliest run of the day in 12.19.57.

His sense of achievement will however endure long after the aches and pains have faded.

WATER WORLD GREAT OCEAN RUN 1999

In a field which included two past winners in Jim Bennington and Michael Smart, the winner of the Australian Six Day Championship, Peter Gray, and the former World Record Holder for 1,000 miles (1,6090 kms) on the track, Gary Parsons, it was left to tyro Stephen Sayers of Saratoga to claim this year's Water World Great Ocean Run title with a most impressive 3.39.36 clocking for the 45 kilometres from Red Rock to Coff's Harbour Jetty.

After Bennington's record of 3.18.15 set in 1997, Sayers' time was the third fastest winning effort on a decidedly hot day on which the following North Easterly may not have hampered progress like last year's Southerly but did little by way of cooling either. Sayers effort was all the more laudable because he had contested the Six Foot Track 46 kms Trail Ultra - marathon the week before, finishing ninth in a field of six hundred, in under 4 hours.

At 35 he has a bright future in the field of Ultramarathoning, especially when Sunday's effort was only his fourth outing longer than the regulation 42.2 kms marathon distance. In second place was 47 year old Jim Bennington, whose time of 3.46.29 meant that he has always finished this race under the four hours so earnestly sought by others.

Third spot behind the ever-present Bennington was another relative 'youngster', 30 year old Tom Morris of Brisbane. His time of 3.50.24 was a significant personal best. Last year's Champion Michael Smart of Invergowrie could not reproduce his 1998 form, finishing fourth in a solid 4.14.28.

First lady, in a breakthrough win, was 1996, 1997 and 1998 runner-up, Angie Cottrell aged 50 from Browns Plains in Queensland. Cottrell, the barefoot Queen of the Ultramarathon scene, notched a 7 minutes personal best to beat home Aileene Markham, 5.14.50, and fellow Gold Coast Runners' club member Wendy Taylor, 5.22.18.

With 31 starters and 28 finishers, most of them down from the Sunshine State this year's Water World event was voted an overwhelming success by all those involved. Most suggested that they will be back for next year's running of the beaches from Red Rock to Coff's Harbour.

A large measure of the success of the event must go to the Gold Coast Runners who not only provide a major portion of the field but also take care of drinks and feeding for all the runners along the way as well. Our date for next year will be set to optimise the tidal conditions for the majority of the field but this is not as easy to arrange as it would seem. It also means that we may clash with other ultra events (e.g. The Six Foot Track).

We will try to organise a light north-easterly and overcast conditions with slight seas too BUT ...

WATER WORLD GREAT OCEAN RUN 1999

Results (male) :- Stephen Sayers 3.39.36 , 1 ; Jim Bennington 3.46.29 , 2 ; Tom Morris 3.50.24 , 3 ; Michael Smart 4.14.28 , 4 ; Jason Evans 4.22.01 , 5 ; Peter Mackenzie & Steven Hayes 4.27.29 , =6 ; Colin Colthorpe 5.03.56 , 8 ; John Heffernan & Ian Reed 5.04.50 , =9 ; Alan Whittle 5.06.52 , 11 ; Gary Parsons 5.07.24 , 12 ; Peter Moore 5.13.33 , 13 ; Bob Beer 5.16.05 , 14 ; Stuart Mullins 5.38.04 , 15 ; Mal Draper 5.43.37 , 16 ; Mal Thornton 6.13.42 , 17 ; Anthony Peart 6.14.48 , 18 ; Peter Gray 6.44.51 , 19 ; Dennis French 7.14.48 , 20 ; Harry Bishop 9.08.07 , 21 . (female) :- Angie Cottrell 4.40.36 , 1 ; Aileene Markham 5.14.50 , 2 ; Wendy Taylor 5.22.18 , 3 ; Diana Kever 6.43.17 , 4 ; Dianne Armstrong 6.43.28 , 5 ; Pat Stockton 7.14.48 , 6 ; Lorrie Bishop 9.08.07 , 7 .

Novice grabs victory in fancied field

STEPHEN Sayers of Saratoga won this year's Water World Great Run title on the weekend with a most impressive 3.39.36 for the 45 kilometres from Red Rock to Coff's Harbour Jetty.

The novice did well to win in a field which included two past winners in Jim Bennington and Michael Smart, the winner of the Australian Six Day Championship, Peter Gray, and the former world record holder for 1000 miles (16090km) on the track, Gary Parsons.

After Bennington's record of 4.18.15 set in 1997, Sayers' time was the third fastest winning effort on 30. The Daily Examiner, Wednesday, March 17, 1999.

a decidedly hot day on which the following North Easterly may not have hampered progress like last year's Southerly but did little by way of cooling either.

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With 31 starters and 28 finishers, most of them down from the Sunshine State, this year's Water World event was voted an overwhelming success by all those involved.

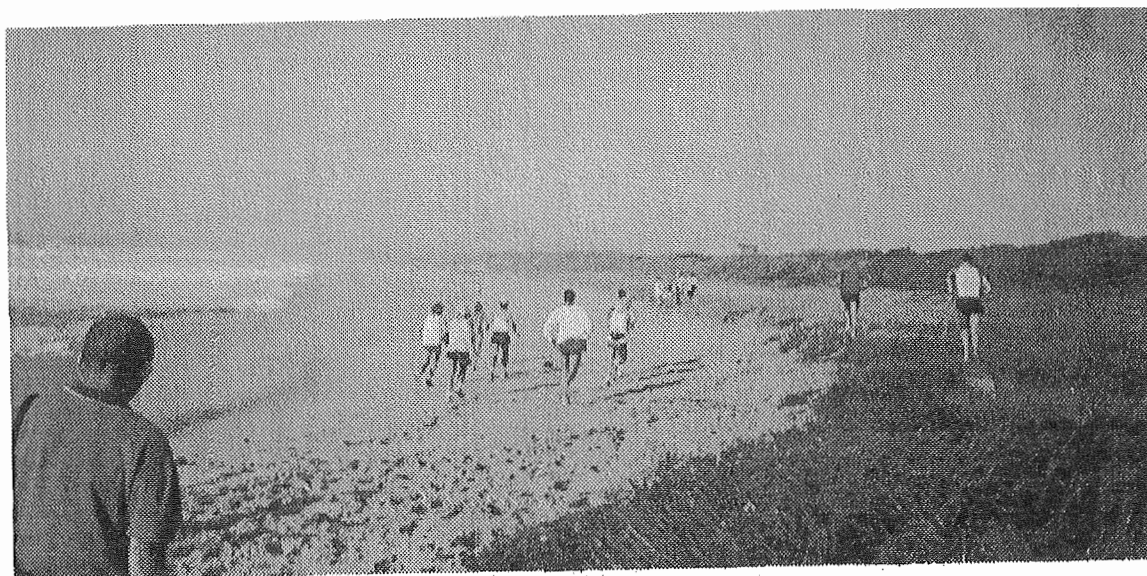
Most suggested that they would be back for next year's running the beaches from Red Rock to Coff's Harbour.

Results in Sports Roundup.

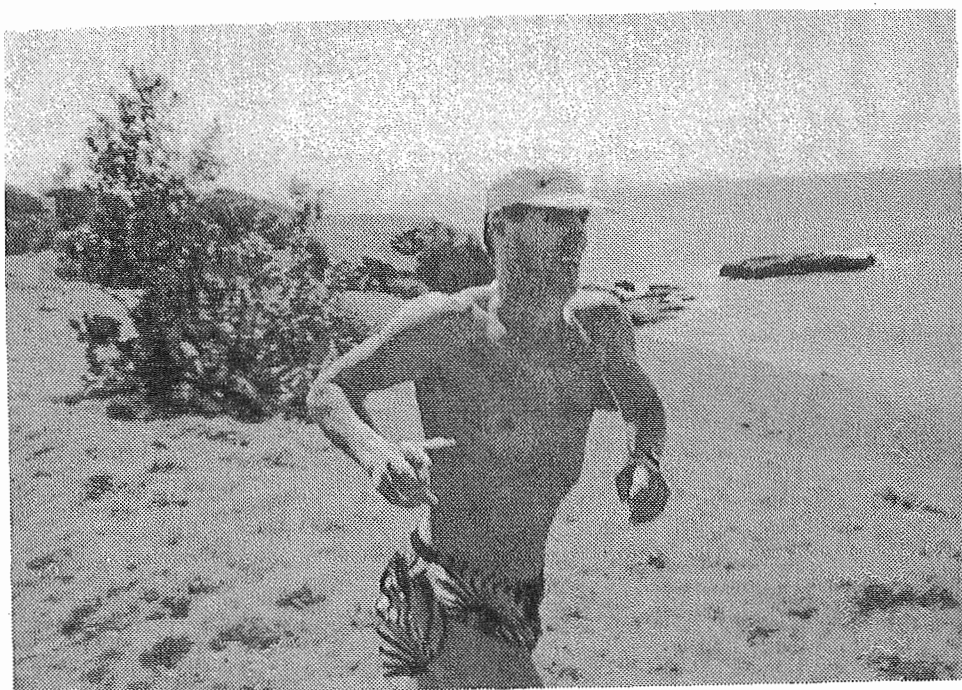


Most of the 8.00am starters
at Red Rock

WATER WORLD GREAT OCEAN RUN 1999



They're off along the beach in the Water World Great Ocean Run 1999



Winner Stephen Sayers on the last headland (Macauley's) Only one long beach to go.



(L to R.)
Aileene Markham, Angie Cottrell
Stephen Sayers, Jim Bennington
and Tom Morris, placegetters in the
Water World Great Ocean Run 199

1999 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN RUN/WALK 6/12 HOUR

To all those A.U.R.A. members who were thinking of coming up but were finally unable to, you missed out on a gem of an event. So you better mark off the first weekend of February, 2000.

I received 44 entries with 38 individual starters and 3 teams, with an atmosphere of personal satisfaction from all. 3 individual competitors were unable to compete on the night due to unforeseen circumstances. To all who entered I extend a sincere thank you. The end result was the Caboolture Historical Society receiving \$570.90 from the Q.U.R.C. and this does not include extra food sales.

John Fenton and Lyall Morgan from the volunteer society and their great team of workers contributed enormously. They swept sticks off the 500 metre track and set up lighting facilities, not to mention the quality of the food.

Alan Best came straight from night shift to help me set up tarps, tables and chairs for lap recorders. To Julian Bramald and Charlie Hall, you lifted the workload to a manageable level, serving the event for 15 hours each. Young Arlene Gordon worked tirelessly for 7 hours manning the competitor's food station. A grateful thank you to this 11 year old. My wife Lyn assisted me for 2 months prior to the event. Thanks Lyn for being a great patron of the sport.

And thanks to Phillipa Bolt who operates Kick Start promotional gear, who not only makes the shirts, but designs the artwork as well.

Thank you to major sponsors Caboolture Shire Council, Caboolture Near North Coast News, OUR Radio 4OUR, Stoneybrook Cottage & Herb Garden-Woodford and Delaney's Creek Winery & Vineyard. 14 minor sponsors contributed toward random draws.

Caboolture Shire Mayor, Tom Mc Loughlin, started the race in keeping with the Historical Village by using a treasured cow bell, marking the beginning of a magical event. 14 entrants had never contemplated being in an ultra until they arrived at the village, entering the unknown for the first time.

5 people stood out as shining lights. Nick Roiter for courageous determination in the 6 hour walk. A panel of 4 unanimously agreed Nick deserved the encouragement award. Lorna Hill, although carrying an injury, was on the track the duration of the 6 hour run. Bob Hill, who won his first Ultra-Marathon, the 6 hour walk. The marvellous Kelvin Woods in the 12 hour run, was trailing second place-getter by 8 kms with 3 hours remaining. At the end he was 300 metres behind second place-getter. Peter Bennett, Qld Masters member who race walked the entire 12 hours finishing with a very commendable distance.

So many gathered to support the Q.U.R.C. event who fundraised for the historical village. Once again the 4OUR on site broadcasting van brought a light atmosphere with their music. All were united as one heart beating for the Caboolture Historical Society. Caboolture News are also to be commended for their marvellous media support. And I've been informed a couple of competitors went sneaking off the track to the pub for a quick beer during the event, for refuelling purposes only of course.

Congratulations to Bob Hill and Margie Aorangi on completing your first Ultra-Marathon distance competitively, 42.2 kms. To the Caboolture Council team who assisted in supporting this event I also extend to you a hearty thank you. 80 toads were dealt with by the toad busters scanning the parkland of the village. Finally, Ron Grant won the early entrants memorabilia plate and mug which was drawn by Mayor McLoughlin.

**CABOOLTURE HISTORICAL VILLAGE
DUSK TO DAWN RUN/WALK 6/12 HOUR**

PLACEGETTERS IN RESPECTIVE ORDER FOR MALE & FEMALE CATEGORIES

12 HOUR RUN

GRAHAM MEDILL	109.180	
GEOFF WILLIAMS	102.349	
KELVIN WOODS	102.051	
GRAHAM WATTS	80.000	
PETER GIBSON	76.000	RETIRED

12 HOUR WALK

CHERYL MIDDIS	75.999		
KERRIE HALL	72.797	PETER BENNETT	97.474
MARGIE ORANGI	63.727	CALEB MABIR	81.142

6 HOUR RUN

ANGIE COTTRELL	57.597	CLIFF FRENCH	60.415
ANGELLA CLARKE	54.750	BRIAN EVANS	58.845
VICKI TANNER	50.750	GEOFF HAIN	56.337
CHRIS WALKER	30.000 RETIRED	MURRY DAVIS	49.567
LORNA HILL	28.220	DAVE HOLLERAN	43.039
		IAN JAVES	40.500
		RETIRED	

6 HOUR WALK

JUDY MOLLER	47.357	BOB HILL	45.505
LYN LEWIS	46.857	KERRY MIDDIS	41.246
FIONA MELVILLE	39.986	DON STIELER	38.604
MARGARET CHESSELLS	39.258	SANDY BUCHAN	36.000
GWEN JONKERS	37.033	LES SKILLER	35.004
YVONNE DAVIS	32.838	RON GRANT	34.002
PATRICIA HADLEY	30.950	NICK ROITER	33.702
JULLIE O'TOOLE	26.987	STEVE MC'NALLY	31.996
LORRAINE PAGE	26.414		

6 HOUR RELAY

TOOWOOMBA ROAD RUNNERS	82.975
SCHANDOR TEAM	42.647
COLLINS TEAM	42.062

Hereunder is the course best distances for this venue. This does not include distances before 1998 as the course was different. R= Run. W = Walk. RE = Relay. The figure before abbreviation indicates hours.

6 R.	Cliff French	60.415	Lyn Gordon-Lewis	57.870
6 W.	Caleb Maybir	46.926	Judy Moller	47.357
6 RE.	Toowoomba Road Runners	82.975		
12R.	Peter Gibson	115.467		
12W.	Peter Bennett	97.474	Cheryl Middis	75.999

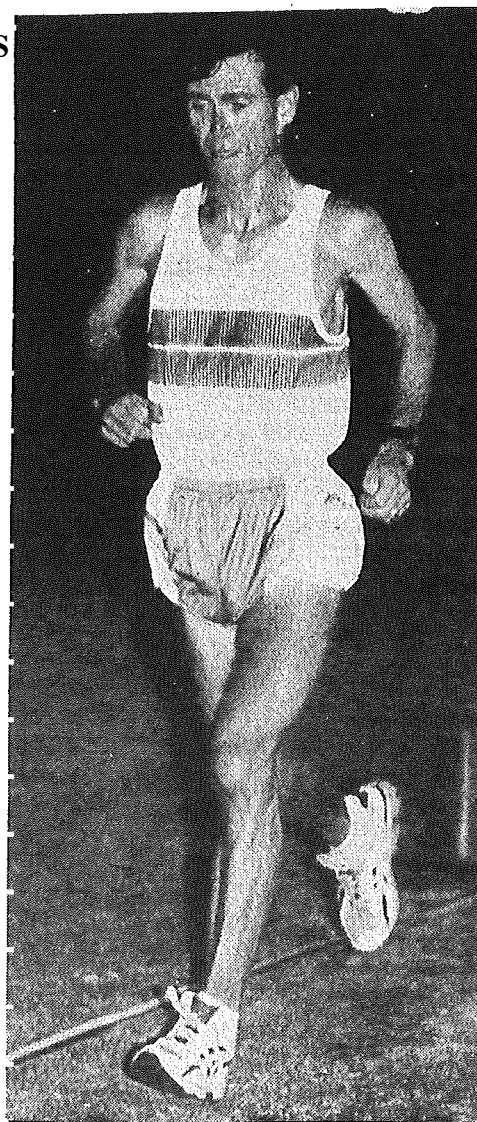
BUNBURY 6 HOUR TRACK RACE, WA 6TH MARCH 1999

PLACE	NAME	DISTANCE COVERED KMS
1.	MICK FRANCIS	70.694
2.	JOHN VESNAVER	67.845
3.	BJORN DYBDAHL	66.188
4.	GEOFF BLYTH	65.131
5.	MIKE SZALEK	64.765
6.	SHANE WALKER	62.849
7.	JERRY ZUKOWSKI	61.655
8. 1 ST F	ROSEMARY JOHNSON	61.647
9.	JOHN DAVIES	61.500
10.	BRIAN JACKSON	60.680
11.	ANDREW LANE	57.629
12.	ROB MACBETH	57.558
13.	STEPHEN PEACOCK	56.528
14.	ROBERT WEAVER	54.800
15.	DOUG SHAW	54.538
16.	KEVIN MARTIN	52.198
17.	GARY HARRIS	50.484
18.	STEPHEN DUNN	50.000
19.	LYLE JAMES	49.009
20. 2 ND F	BRONWYN SALTER	47.681
21.	JIM BARNES	44.500
22.	ANDY ZUKOWSKI	33.000
23 3 RD F	ELLEN ZUKOWSKI	33.000



BUNBURY 50KM TRACK CHAMPIONSHIP, W.A. 6TH MARCH, 1999

PLACE	NAME	TIME HRS
1.	MICK FRANCIS	3.52.37
2.	STEPHEN DUNN	4.01.06
3.	JOHN VESNAVER	4.05.24
4.	JOHN DAVIES	4.14.55
5.	SHANE WALKER	4.21.34
6.	GEOFF BLYTH	4.30.39
7.	BJORN DYBDAHL	4.31.50
8.	MIKE SZALEK	4.33.09
9. 1 ST F	ROSEMARY JOHNSON	4.49.37
10.	BRIAN JACKSON	4.50.24
11.	JERRY ZUKOWSKI	4.52.09
12.	ROB MACBETH	5.07.57
13.	STEPHEN PEACOCK	5.11.32
14.	ANDREW LANE	5.11.47
15.	ROBERT WEAVER	5.26.48
16.	DOUG SHAW	5.26.50
17.	KEVIN MARTIN	5.46.07
18.	GARY HARRIS	5.56.39



Drinking the wrong mixture may have cost Mick Francis an Australian record in the six-hour marathon. Picture: JEFF HENDERSON



Starters in the Bunbury 6Hr / 50km Championship, WA
6th March, 1999

BUNBURY 6HR / 50KM TRACK CHAMPIONSHIP, W.A. 6TH MARCH, 1999

Dear Dot and fellow runners,

I hope everyone has had a good beginning to the year, my first ultra of the year went off very well, the following is a short report on it. On the 3rd of March my wife Ellen and I flew to Perth to be greeted by our son Andrew at the airport, after doing the usual tourist things we went to Bunbury (where Andy works) and checked out the track for The Bunbury Holden 6 Hour Track Challenge (what a mouth full). The track looked great and I was really looking forward to the run as

it would be the first time I have ever ran on a grass track. Saturday afternoon finally arrived and the three of us turned up at the track (which was just across the street from the beach front which was absolutely beautiful). We were greeted by the Bunbury Runners Club (really great people). After meeting my lap scorer and drinks person (more great people, Hi there David and Fiona). A few group photo's and the race director's brief, the clock ticked to 5 p.m. And that was it, we were off. There were 23 of us, 21 runners and 2 walkers (Ellen and Andy). The run went really good for me as I took it easy at the beginning and as I kept going the hours ticked by and I thought I might be able to keep this pace going for most of the race. I slowly started to work my way up the field as a few of the runners started having a few problems. With about 1/2 hour to go I asked Fiona how many more laps I had to do to get to 60 ks, she said 8 or 9. Well, time was on my side and I managed to get 61 ks at the end. Ellen and Andy both got to walk 33 ks (which I reckon is great because it's harder than running). I believe that there was a few good battle's at the front of the race.

So hopefully there will be a better report coming from the Bunbury Runners Club.

Enclosed are a few clippings we got from the local papers at Bunbury. Well, now it's all systems go for the Coburg 24 Hour on the 8th and 9th of May, I hope we meet just as many great people at Coburg as we did at Bunbury. See ya.....Jerry and Ellen Zukowski.

Runners all set for six-hour marathon

JOHN Vesnaver is looking for revenge and Mick Francis says he can come anytime.

They are two of the front runners favoured in a star studded field for the Bunbury six-hour marathon which starts on the Recreation Ground at 5pm on Saturday.

Last year Bunbury's Francis completed the six-hour in record distance of 73km with Vesnaver second on his debut run. But this year, knowing what he is in for, Vesnaver has been putting in the hard yards with a recent 50km run in just under four hours.

"That's about 70km for the six hour so we are in for a tough time trying to catch him," said Francis who added that he was looking forward to retaining his title although after injury last year he felt he was "a little underdone".

Then there is last year's third placing, former Bunbury Marathon winner David Dye, fourth placed Bjorn

Dybdahl and ex-South African Shane Walker.

Dybdahl - "You name it, I'll run it" - tested the leaders last time out and is determined to go one better this year.

The run's regulars from Perth will be back again, 1997 winner Brian Jackson and veteran Steve Dunn who set the record at 72km in 1988 while a new face in the field will be that of Walker.

A powerful runner, Walker has completed the gruelling South African Comrades Marathon 17 times, regularly running the 90-odd kilometres in under seven hours so one can expect him to be there at the finish.

"People have come from far and wide," said Francis. "One family from South Australia will be running as a unit - Jerry Zukowski, his wife Ellen and son Andy."

Notable absentees were triathlon stars Ian Cocker and Allan Holmes, he said, then added: "This event is for real men."

Centre Pharmacy's MOUNT MEE CLASSIC

King & Queen of Mt Mee

Sunday 21/3/99

Record Fields turned out for the tough Mt Mee classic events, with a total of 137 Entrants. To tackle the mountain road course over 3 race distances. 50km, 25km, 10km.

The 50km ultra event started at 6.00am with the entrants disappearing into low clouds for the decent of 12.5km to the turnaround point. This event involves doing 2 laps of the out and back course to total 50km. (a real test of body and mind).

Tom Morris, Angie Cottrell and Aileene Markham had only 7 days earlier ran the Red Rock to Coffs Harbour 45km Beach Trail run, and as the results attest put together a quality effort on the mountain.

Tom lead all the way up and down the range to finish in a time of 4:09:38, only 21min outside the course record held by Don Wallace. Brian Evans nearly double his age, ran I believe, one of his best ultra efforts finishing in 4:39:35, with Bruce Smerdon third in 5:23:06.

Angie Cottrell and Aileene Markham trailed Betty Menzies at the 25km point, and at the turnaround point the three were only minutes apart. Angie dug deep and finished first in 5:25:28, with Aileene second in 5:27:41 and Betty third in 5:37:30. Vicki Tanner was only a few minutes behind in fourth place. These four ladies are leading the way in ultra running in Queensland in recent events.

The handicap section of this event is the runner/walker who finishes closest to their nominated time (no watches on course). Tom Morris also won the handicap by finishing 1min 29s outside his nominated time.

The 50km walking category was won by Arthur Cox in a time of 7:03:40.

In the 25km event both the Male and Female race records were broken. Denis Fitzgerald in 1:36:03 powered over the course taking more than 12 minutes of the record, with second place Brad Bartsch 1:44:15 also 4 minutes under the old record, and Ian Kent in third in 1:51:09. Not to be outdone the girls did the same. Glenda Banaghan in 2:01:49 and Janine Reid 2:04:49 both finished quicker than the previous record. Lisa Barton just outside the old record finished third in 2:06:51.

Rod Morgan won the male walking category of the 25km event with a solid 2:59:46, and Tania Davies was first Female walker to win in 3:21:35.

The winner of the handicap for the 25km was Rob Walmer who finished 11sec outside his nominated time.

Records also toppled in the 10km event with the first three males all finishing inside the old race record. Todd Ingraham was first in 36:22, with Phil McClure second 37:47 and Paul Ashford third 38:51. This is one of the hardest 10km courses around, but if approached with caution in certain areas, you can red line other parts of the course, and the fast pace in this year's race is the result of this approach.

The 10km female event saw 15 year old up and coming runner Ardine Voogt lower the old record by 8 minutes winning in 45:44, she finished 4th overall in what was the largest and quickest field yet in the 10km. Ardine is trained by Martin Roberts who believes she has a real future in the middle distance events, and was very pleased with the time over such a solid course. Second place in the female 10km was Suzette Kelson in 56:47, with Angela Grant third in 58:26.

The walking records also fell with Bruce Cook (Aust. 50km Track Champ) walking the 10km in 1:05:47. Lyn Lewis won the female walking section in 1:05:58.

The Mt Mee race's major sponsor Centre Pharmacy continued its long association with the event and Jim Johnson from Centre Pharmacy was overwhelmed and extremely pleased with the size of the field this year and the way that the run continues to grow and improve. He is pleased to be a part of the running community and will be a major part of the Mt Mee run in future years.

I would like to thank Centre Pharmacy and Jim Johnson for his support for this event, which has enabled it to grow into a MUST for your running calendar. I would also like to thank all of the volunteers who assisted in the running of this year's event as marshalls on the course and manning the water stops, and in the hall and kitchen in making the runners welcome, and well fed. It made the event a success.

Hoping to see everyone again in 2000.

50Km Ultra Event			
Name			Finish Time
Tom Morris	1M		4:09:38
Brian Evans	2M		4:39:35
Bruce Smerdon	3M		5:23:00
Angie Cottrell	1F		5:25:28
Aileen Markham	2F		5:27:41
Geoff Williams			5:36:44
Betty Menzies	3F		5:37:30
Vickie Tanner			5:45:09
Geoff Hain			5:58:39
Richard Donin			6:18:54
Arthur Cox	1W		7:03:40
Bob Burns			7:09:07
Kerrie Hall			7:45:25
Tina Fiegel			9:02:02
Kelvin Woods			

1999 MAXIM SIX FOOT TRACK MARATHON RESULTS

Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
1	IKIN STEPHEN	M	BROOKLYN	3,43.45	101	BAKER MARTIN	M	ALBURY	5,13.39
2	AYLOTT NIGEL	M	EMERALD	3,44.22	102	HUME JO	F	BROOKLYN	5,13.42
3	LOVE GREG	M	UMINA	3,48.16	103	HULL MICHAEL	M	HORSFIELD BAY	5,13.54
4	RAUPACH KEN	M	MCHAHONS POINT	3,51.41	104	GILBERT LINDSAY	M	ROSEVILLE	5,14.10
5	GILES MARCUS	M	NEUTRAL BAY	3,54.00	105	DWYER ANNETTE	F	CLOVELLY	5,14.13
6	VELLA SAM	M	KINGSFORD	3,56.31	106	MATLEY STEWART	M	BROKE	5,14.14
7	FIRTH MARK	M	ST CLAIR	3,57.04	107	PHILLIPS JAN-MARIE	F	HARBORD	5,14.39
8	TURNER DAVID	M	DUDLEY	3,59.13	108	WIELAND PENNY	F	MOSMAN	5,15.14
9	SAYERS STEPHEN	M	SARATOGA	4,03.43	109	FRAY MARTIN	M	DIDCOT, ENGLAND	5,15.35
10	HATLEY DAVID	M	BEROWRA HEIGHTS	4,08.28	110	FRAY COLIN	M	CHESHIRE, ENGLAND	5,15.36
11	OWENS JAMES	M	OATLEY	4,13.27	111	BENNETT PETER	M	CARINGBAH	5,15.51
12	WISDOM CRAIG	M	WANNIASSA	4,14.21	112	EISENHUTH PAUL	M	GEORGES HALL	5,15.54
13	GRANT BRIAN	M	LONDONDERRY	4,16.13	113	SHIPLEY GRAEME	M	BEROWRA HEIGHTS	5,16.20
14	FITZPATRICK PETER	M	WAGGA WAGGA	4,16.45	114	LEPMANN JORDAN	M	ST IVES	5,16.26
15	JOHANSON PAUL	M	WAGGA WAGGA	4,17.17	115	COOK PETER	M	CRONULLA	5,17.06
16	URWIN STEPHEN	M	NEUTRAL BAY	4,17.22	116	BRENNAN HAWKICK	M	EMU PLAINS	5,18.58
17	BURTON MICHAEL	M	COOGEE	4,21.01	117	JENKINS DAVID	M	SYDNEY	5,19.18
18	MARSHALL KELVIN	M	ELSTERNWICK	4,21.25	118	JONES MICHAEL	M	ARMIDALE	5,19.26
19	ISBISTER GEOFF	M	NEWTOWN	4,22.22	119	FISHER STEPHEN	M	WAHROONGA	5,19.50
20	RENNICK BRUCE	M	GREEN POINT	4,22.58	120	HARDING PHILLIP	M	HARBORD	5,20.32
21	DONNELLY MICHAEL	M	ENMORE (NEWTOWN)	4,23.11	121	DEVLIN BILL	M	CASTLE HILL	5,21.13
22	TILLER DAWN	F	BEROWRA	4,23.23	122	KING DAVID	M	EPPING	5,22.02
23	THOMPSON KIERON	M	BOWEN MOUNTAIN	4,24.05	123	FORSYTH IAN	M	ABBOTSFORD	5,22.59
24	JORDON ADAM	M	FORRESTERS BEACH	4,24.45	124	MILAN DENNIS	M	GYMEA	5,23.22
25	LISSON GEORGE	M	RYDE	4,25.19	125	HERPICH LUDWIG	M	MIRANDA	5,23.46
26	WRIGHT IAN	M	PEARCE	4,26.20	126	SWAIN SHARYN	F	MCHAHONS POINT	5,23.59
27	BILL ROSS	M	MOUNT WILSON	4,26.23	127	SCAMBARY JOHN	M	BARGO	5,24.01
28	OSBORNE GREG	M	SUTHERLAND	4,26.54	128	MOLLOY BRETT	M	PADSTOW	5,24.09
29	TOLHURST HELEN	F	ENGADINE	4,28.45	129	BUTLIN PHILLIP	M	SYDNEY	5,24.53
30	VAN WOESIK BIANCA	F	RANDWICK	4,29.28	130	ZAHN AMY	F	ENMORE (NEWTOWN)	5,25.02
31	WEBSTER STUART	M	BONDI	4,31.08	131	SMITH DEREK	M	MILSONS POINT	5,25.13
32	VINCENT JAMES	M	BEACON HILL	4,31.47	132	DALTON WILLIAM	M	RANDWICK	5,25.23
33	LONG RODNEY	M	BROOKLYN	4,32.15	133	CONNOLLY DAMIEN	M	MITTAGONG	5,26.14
34	FRYER MARTIN	M	BOTANY	4,35.29	134	STRACHAN PETER	M	HORNSBY	5,26.53
35	GEDDES WAYNE	M	OYSTER BAY	4,36.09	135	MOREWOOD DAVID	M	FORREST	5,27.14
36	CANNINGS DAVID	M	NORMANHURST	4,36.59	136	NAGY ALEX	M	BONDI BEACH	5,27.49
37	DUNN XANDRA	F	BONDI BEACH	4,37.18	137	WHITEHOUSE PAULA	F	ELANORA	5,29.00
38	JORGENSEN HUGH	M	TORRENS	4,37.32	138	BENNETT DENISE	F	CAMMERAY	5,29.16
39	CHRISTISON LINDA	F	MOSS VALE	4,37.48	139	GARRIDO ELADIO	M	CHIPPENDALE	5,29.17
40	MCKENZIE-HICKS LYNDIA	F	ENGADINE	4,37.51	140	BRECKENRIDGE WYLIE	M	WAGGA WAGGA	5,29.21
41	KLOPPERS BILL	M	SWANSEA	4,38.00	141	BROADBENT WARREN	M	TORONTO	5,29.25
42	GRAY STEPHEN	M	HEATHCOTE	4,39.56	142	WILSON MICHAEL	M	WAVERTON	5,29.54
43	MATTHEWS IAN	M	CAMMERAY	4,41.49	143	MARCH DAVID	M	LEMONGROVE	5,29.55
44	BRISCOE RICHARD	M	WAITARA	4,42.14	144	MAYER PETER	M	RINGELAI, GERMANY	5,29.57
45	JEFFKINS ADRIAN	M	STRATHFIELD	4,42.17	145	SWAIN GARY	M	MCHAHONS POINT	5,30.11
46	SHORT LIZ	F	SUTHERLAND	4,42.22	146	SIMPSON CARL	M	PADSTOW	5,31.12
47	OUTTEN CHAD	M	RANDWICK	4,43.00	147	LITTLE SANDRA	F	NAREMBURN	5,31.27
48	MCCANN NORM	M	ALBURY	4,45.10	148	GARRETT IAN	M	CAMDEN	5,31.57
49	CLARKE TREVOR	M	BANKSMEADOW	4,47.51	149	FORSYTH GORDON	M	BEROWRA HEIGHTS	5,32.16
50	OVERTON JOHN	M	MT VICTORIA	4,49.21	150	LEPMANN MARTIN	M	ST IVES	5,32.46
51	MALONE PETER	M	SPRINGWOOD	4,49.24	151	BARNES PETER	M	WENTWORTH FALLS	5,32.50
52	KAHLEFELDT CARMEL	F	WAGGA WAGGA	4,49.42	152	NEWMAN PHIL	M	WESTLEIGH	5,33.22
53	STANTON WAYNE	M	FRENCHS FOREST	4,50.05	153	HILTON ALLEN	M	MILPERRA	5,33.23
54	WYLIE IAN	M	PADDINGTON	4,51.32	154	CHONG SUN DAVID	M	CARINGBAH	5,33.34
55	COULL PAUL	M	HEATHCOTE	4,52.20	155	BYRNE GREG	M	JAMISONTOWN	5,33.56
56	HIGGINSON BILL	M	FOREST HILL	4,52.22	156	BARNES JAMIE	M	KILLCARE HEIGHTS	5,33.57
57	CLEAR DAVID	M	WEST RYDE	4,52.44	157	MAHONEY ANDREW	M	BENSVILLE	5,34.06
58	GLEN JOHN	M	LEURA	4,52.52	158	LEE ANDREW	M	JANNALI	5,35.05
59	O'BRIEN LOUISE	F	CARINGBAH	4,53.07	159	COATES BARRY	M	LOFTUS	5,35.06
60	AUSTIN TIM	M	LEICHHARDT	4,53.34	160	HAYWARD GLENN	M	TOWRADGI	5,35.33
61	MALINOWSKI PETER	M	CHARMHAVEN	4,54.20	161	SINCLAIR DALE	M	BASS HILL	5,35.36
62	CREW GRAHAM	M	SPRINGWOOD	4,54.21	162	STAUNTON DAMAIN	M	CARINGBAH	5,35.41
63	SMITH ROBERT	M	BEROWRA	4,54.22	163	COUNSELL ROY	M	BENANDARAH	5,36.56
64	PALMER KERRY	F	RANDWICK	4,55.01	164	COUNSELL PETER	M	LIGHTNING RIDGE	5,36.57
65	STYLES DAVID	M	BAYSWATER	4,55.12	165	WHITE SONIA	F	WYOMING	5,36.59
66	AITKENHEAD GARY	M	NAREMBURN	4,55.55	166	HUGHES DESMOND	M	GREEN POINT	5,37.00
67	BOGENHUBER FRED	M	CALIFORNIA, USA	4,56.00	167	HAENEY PHILIP	M	PYMBLE	5,37.57
68	BOGENHUBER MAX	M	SUTHERLAND	4,57.21	168	COLDRICK NIGEL	M	HAWKER	5,38.13
69	TAYLOR ANDREW	M	KATOOMBA	4,57.43	169	BRYCE LES	M	TURRAMURRA	5,38.21
70	PORRAL CRISTINA	F	WESTMEAD	4,57.56	170	DUNN STEPHEN	M	WOY WOI	5,38.45
71	DELLAGIACOMA PATRICK	M	BUNDEENA	4,58.46	171	JEFFRIES TOM	M	EMU PLAINS	5,38.47
72	SLOAN JAMES	M	ALBURY	4,59.02	172	BOIDIN BENEDICT	M	BLACKTOWN	5,38.48
73	MILLER ALAN	M	BEROWRA	4,59.25	173	MACKAY JOEL	M	RANDWICK	5,38.49
74	OGATA YOETSU	M	MOSMAN	4,59.37	174	BOGENHUBER JOE	M	WOODFORD	5,39.00
75	STEIN PAUL	M	WILTON	4,59.41	175	LYONS ALAN	M	CARINGBAH	5,39.27
76	COOPER JOHN	M	BLIGH PARK	5,00.12	176	WILSON ALLAN	M	BLAXLAND	5,39.33
77	CANTLE IAN	M	KURRAJONG	5,01.34	177	SHAW DREW	M	HEATHCOTE	5,39.46
78	CRANE STEPHEN	M	FLYNN	5,02.02	178	LAURENT JACQUES	M	CROWS NEST	5,39.48
79	SKINNER JANET	F	WAGGA WAGGA	5,02.23	179	HENRY RAY	M	TRANGIE	5,40.07
80	WALL CHARLES	M	MANLY	5,03.19	180	WINCHESTER RICHARD	M	CAMPERDOWN	5,40.09
81	JONES ALAN	M	LEICHHARDT	5,03.37	181	KELLY ANDREW	M	WORONORA HEIGHTS	5,40.21
82	WEST EDWARD	M	BEROWRA HEIGHTS	5,03.39	182	CLEMENTSON DIANE	F	NEUTRAL BAY	5,40.22
83	MCCULLAGH CAMERON	M	TURRAMURRA	5,03.47	183	BELL PETER	M	ARNCLIFFE	5,40.24
84	FORTUNE BERNARD	M	CROYDON PARK	5,03.49	184	HASLAM ALAN	M	MOSMAN	5,40.25
85	WILES HAYDEN	M	CARINGBAH	5,04.06	185	SCREEN JIM	M	ST IVES	5,40.42
86	THOMPSON CHRIS	M	WOOLLAHRA	5,05.43	186	BERGKVIST KATH	F	GARDEN SUBURB	5,40.49
87	SHAW KYM	F	HEATHCOTE	5,06.40	187	REYNOLDS STEVEN	M	ENGADINE	5,40.50
88	SNEDDON JOHN	M	BLACKTOWN	5,07.13	188	WATSON ALAN	M	MENAI	5,40.53
89	WARD GARY	M	BRADBURY	5,07.36	189	BOARDMAN RICHARD	M	NORTH SYDNEY	5,41.28
90	CLARKE PHIL	M	KAREELA	5,08.40	190	BROWN COLIN	M	SPRINGWOOD	5,42.26
91	CLARKE BRENDAN	M	KANWAL	5,09.07	191	DEVLIN-MAHONEY OONA	F	BENSVILLE	5,42.27
92	COLWELL BRIAN	M	RANDWICK	5,10.34	192	CHRISP DARRYL	M	WOOLLAHRA	5,42.40
93	MENALLY BILL	M	HOLLSTONECRAFT	5,10.35	193	GASPARRE TONY	M	WENTWORTH FALLS	5,43.10
94	RENAUF SAM	M	BEACON HILL	5,11.03	194	HILL GRAEME	M	GALSTON	5,43.36
95	CARDEN YALE	M	WAGGA WAGGA	5,11.07	195	MELNYCZENKO JOHN	M	MINCHINBURY	5,44.19
96	HARRISON STUART	M	BLACKHEATH	5,11.31	196	HARRADINE LEON	M	KINCUMBER	5,45.22
97	PROCTOR WILLIAM	M	GUILDFORD	5,11.32	197	CUFI JOSEF	M	WOLLONGONG	5,45.41
98	SINCLAIR ROSS	M	LANE COVE	5,12.26	198	GOONPAN GEOFF	M	ENGADINE	5,46.37
99	MUNDAY ROGER	M	MOSMAN	5,12.27	199	TIBBITS PETER	M	LILLI PILLI	5,46.56
100	MCGURK KEVIN	M	EASTWOOD	5,13.37	200	BAGALA TONY	M	DENISTONE	5,47.16

1999 MAXIM SIX FOOT TRACK MARATHON RESULTS

Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
201	BOND JAMES	M	BLACKTOWN	5,47.26	301	REILLY TERRY	M	MANLY	6,19.03
202	WILLIS GRAHAM	M	DUNDAS	5,47.30	302	BRADLEY ALAN	M	BUTTABA	6,19.10
203	WEASE BRADLEY	M	SYDNEY	5,47.44	303	LATHAM CHRIS	M	WANGI WANGI	6,19.11
204	ANDREOU SIMON	M	WAGGA WAGGA	5,48.08	304	CRESWICK RICHARD	M	BATEAU BAY	6,19.28
205	GRANT ANDREW	M	PYMBLE	5,48.09	305	BOIDIN DOMINIC	M	FAULCONBRIDGE	6,19.55
206	FITZGERALD PETER	M	THE ROCKS SYDNEY	5,48.55	306	MANSON RICHARD	M	LINDFIELD	6,19.56
207	GREEN IAN	M	EAST HILLS	5,49.02	307	SCOTT GREG	M	WAGGA WAGGA	6,19.57
208	MONTGOMERY STEPHEN	M	KILLARNEY VALE	5,49.05	308	MORRISON MILES	M	LAWSON	6,19.59
209	KEHOE PAUL	M	WILLIAMTOWN RAAF	5,49.11	309	MCNALLY ROSS	M	WESTMEAD	6,20.08
210	DRAYTON NICK	M	ST LEONARDS	5,50.19	310	MURRELL EDDIE	M	WENTWORTH FALLS	6,21.05
211	WILLIAMS WAYNE	M	RANDWICK	5,51.10	311	WHITTON BARRY	M	ILLAWONG (MENAI)	6,22.35
212	DORAHY TERENCE	M	DENISTONE	5,51.21	312	ELLSMORE MATTHEW	M	HARBORD	6,22.39
213	RICHARDSON HEATHER	F	ST LEONARDS	5,51.26	313	LIMBREY MICHAEL	M	CAMPBELLTOWN	6,23.15
214	BARKER JOE	M	FAIRLIGHT	5,51.57	314	AVERY HEATH	M	CAMPERDOWN	6,23.16
215	POWELL ANNE	F	MOSMAN	5,52.02	315	MURPHY DEREK	M	DARGAN	6,23.47
216	KIMBREY BOB	M	APPIN	5,52.26	316	ROBINSON TONY	M	CIVIC SQUARE (P	6,24.19
217	HARRIS STEPHEN	M	BERALA	5,52.40	317	BUKUYA ALLAN	M	CARLINGFORD	6,24.20
218	THEAKSTON PAUL	M	IVANHOE	5,52.54	318	COX ROGER	M	DAVIDSON	6,25.14
219	SIMPSON JONATHAN	M	FORRESTFIELD	5,53.06	319	MCCONVILLE DEBRA	F	WESTCOURT	6,26.01
220	GRIFFIN MARK	M	BERKELEY VALE	5,53.10	320	MENZ MICHAEL	M	WILLMOT	6,26.06
221	CAMPBELL TINA	F	LANE COVE	5,53.11	321	MILLAR EVAN	M	GREENWICH	6,26.34
222	BROWN MARK	M	MANLY	5,53.13	322	HARRIS TREVOR	M	BONYTHON	6,27.12
223	TINKER KEVIN	M	CHAIN VALLEY	5,53.25	323	DELANEY RICHARD	M	KATOOMBA	6,27.34
224	MCLOUGHLIN ANDREW	M	KATOOMBA	5,53.45	324	FORD GLENN	M	MANLY VALE	6,27.38
225	BOUSFIELD ANTHONY	M	ST MARYS	5,54.13	325	ESTALL NEIL	M	BONDI	6,27.54
226	TREMONTE STEVE	M	ARMIDALE	5,54.17	326	THOMAS LANCE	M	NHULJUNBUY	6,27.56
227	GRIMES AIDAN	M	CASTLE HILL	5,54.19	327	THOMAS CHERYL	F	NHULJUNBUY	6,27.57
228	HOOK GEOFF	M	MOUNT WAVERLEY	5,54.35	328	HUGHES WARREN	M	CHESTER HILL	6,28.31
229	AUSTIN MARK	M	MOUNT IRVINE	5,54.41	329	HOLMES NETTA	F	WELLINGTON	6,28.38
230	THOMPSON CAROL	F	MOSMAN	5,54.42	330	STOREY DON	M	NORTH RYDE	6,28.39
231	CUNNINGHAM TERRY	M	MANLY VALE	5,55.11	331	STEVENSON LOUISE	F	MANLY	6,28.40
232	DAVIDSON KATHRYN	F	BRONTE	5,55.14	332	YOUNG DERRICK	M	CROWS NEST	6,28.41
233	WYE GRAHAM	M	SEAFORTH	5,55.34	333	ATKINSON JOHN	M	ALFORDS POINT	6,28.47
234	DAVEL CORRIE	M	THE GAP	5,55.36	334	EVERETT LINDSAY	M	WYOMING	6,29.05
235	RIGBY ROGER	M	WAHROONGA	5,55.44	335	DORNBRACK DAVE	M	LANE COVE	6,29.09
236	GIBSON ALAN	M	NEUTRAL BAY	5,55.46	336	WARD MIKE	M	BALMAIN	6,29.39
237	MORRISEY DAVID	M	QUEENSCLIFF	5,55.57	337	EGAN TIM	M	MOSMAN	6,29.42
238	CHRISTISON HEATHER	F	MOSS VALE	5,55.58	338	CONROY BRIAN	M	CREMORNE	6,29.46
239	SHARP DRIS	M	BALMAIN	5,57.23	339	LAIOLAN DEBORAH	F	SEAFORTH	6,30.10
240	HEFFERNAN WAYNE	M	ENGADINE	5,58.15	340	MASON CRAIG	M	SEAFORTH	6,30.11
241	WHYTE LEANNE	F	NAREMBURN	5,58.16	341	CARRIGAN JOHN	M	MOREE	6,30.12
242	SMITH MARK	M	ARMIDALE	5,58.30	342	POTTER ROBERT	M	NORAVILLE	6,30.13
243	BEHRENS JOHN	M	EMU PLAINS	5,59.14	343	SCALLEY BEN	M	WINSTON HILLS	6,30.15
244	STEWART GLEN	M	ENGADINE	5,59.43	344	DUNNE KEVIN	M	GIRRAWEE	6,30.24
245	HANCOCK BRUCE	M	RUSHCUTTERS BAY	5,59.58	345	STURGESS PAUL	M	CHESTER HILL	6,30.27
246	KIRALY MONICA	F	GLADESVILLE	6,00.22	346	JOHNSON CRAIG	M	WILLOUGHBY	6,30.43
247	KILHAM MICK	M	GUILDFORD	6,00.52	347	ROWSE JANE	F	LANE COVE	6,30.57
248	SMITH LES	M	KOGARAH	6,01.13	348	BONSING JOHN	M	ETTALONG BEACH	6,31.09
249	PAPALIA JONATHAN	M	LINDFIELD	6,01.52	349	FIEDLER MANFRED	M	PENNANT HILLS	6,31.12
250	MCCARTHY WAYNE	M	LONGUEVILLE	6,01.53	350	ALLEN MALCOLM	M	WAGGA WAGGA	6,31.13
251	MONTGOMERY BOB	M	WENTWORTHVILLE	6,02.26	351	BOWELL PHILIP	M	LEICHHARDT	6,31.41
252	GOLDEN TONY	M	MAROUBRA	6,02.45	352	FULLER DEBORAH	F	MCMAHONS POINT	6,31.51
253	FREYS IVAN	M	PENNANT HILLS	6,03.16	353	HASLAM MICHELLE	F	MOSMAN	6,31.52
254	WHITE CARL	M	WYOMING	6,03.17	354	TAYLOR STEPHEN	M	CHERRYBROOK	6,32.19
255	CLIFTON PHILIP	M	BRONTE	6,03.39	355	TILLER KEVIN	M	BEROWRA	6,32.27
256	KNUTSEN CHRIS	M	FAULCONBRIDGE	6,03.48	356	HURT ANDREW	M	ILLAWONG (MENAI)	6,32.51
257	DE SOUZA KEVIN	M	WOOLLAHRA	6,04.33	357	RANNARD BILL	M	GEORGES HALL	6,33.03
258	JONES WENDY	F	ARMIDALE	6,04.34	358	RYAN ANTHONY	M	WAITARA	6,33.25
259	JEFFERD CHRIS	M	CHATSWOOD	6,04.41	359	HALL BRUCE	M	ABBOTSFORD	6,33.41
260	GLEESON KATIE	F	WOLLSTONECRAFT	6,04.45	360	JONES BELINDA	F	WOLLSTONECRAFT	6,33.50
261	BOEKER JUDD	M	CHIFLEY	6,06.00	361	THIELE SAMANTHA	F	CREMORNE	6,33.51
262	STOLLERY PHIL	M	KATOOMBA	6,06.10	362	COLE WARREN	M	MCGRATHS HILL	6,34.06
263	BARTON JOANNE	F	MANLY	6,06.16	363	BEATTIE SCOTT	M	BONDI	6,34.24
264	GARDNER JIM	M	GLEN INNES	6,07.03	364	BRUGGEMAN STEPHEN	M	RHODES	6,35.23
265	BOWEN ROGER	M	RICHMOND	6,07.35	365	BAILEY RICHARD	M	BAULKHAM HILLS	6,35.35
266	BISCHOFF ECKART	M	MOSMAN	6,09.04	366	RAYMOND GEOFF	M	PADSTOW	6,37.10
267	WAYNE LAIMA	F	GYMEA	6,10.37	367	FLEIG KARL	M	PADDINGTON	6,37.12
268	KISS JENNIFER	F	MACQUARIE FIELDS	6,10.45	368	RANK IAN	M	LEURA	6,37.27
269	NEWSOME TANIA	F	ABBOTSFORD	6,10.46	369	WEBB PAUL	M	KILLARNEY VALE	6,37.46
270	CRAWFORD LYNN	F	WILLOUGHBY	6,10.47	370	ONEILL BARRY	M	BUXTON	6,38.36
271	TAYLOR ROBERT	M	MENAI	6,10.57	371	BRUCE BRAD	M	KENSINGTON	6,39.36
272	SPOKES GRAHAM	M	WAGGA WAGGA	6,10.58	372	TIBBITTS MARIANNE	F	LILLI PILLI	6,40.13
273	MCKENZIE CAMERON	M	CROYDON	6,11.10	373	TEGART GREGORY	M	BENSVILLE	6,40.32
274	DIPPLE ALASDAIR	M	HELENSBURGH	6,11.22	374	STURCH RODNEY	M	BIRROG	6,40.54
275	O'CONNOR ANN	F	MOSMAN	6,11.24	375	OLMSTEAD JOHN	M	LINDFIELD	6,40.57
276	KINCHIN MARILYN	F	KOGARAH	6,11.40	376	BUTLER RICHARD	M	CASTLECrag	6,41.00
277	FRANCIS ANNE	F	DEE WHY	6,11.54	377	WEST ANDREW	M	SUTHERLAND	6,41.15
278	BIGGS DENNIS	M	SUTHERLAND	6,12.25	378	HARVEY PHILIP	M	CRESCENT HEAD	6,41.20
279	FLARRETY KENNETH	M	BURWOOD	6,13.16	379	HOOKE BOB	M	CAMBRIDGE PARK	6,42.08
280	LUKINS ANTHONY	M	EARLWOOD	6,13.23	380	GODDARD RAY	M	EDENSOR PARK	6,42.17
281	ANDERSON VIC	M	INGLEBURN	6,13.58	381	PULLER YVONNE	F	ARCADIA VALE	6,43.34
282	LILLEY DAVID	M	PELAW MAIN	6,14.10	382	MATTHEWS IAN	M	BONDI	6,43.36
283	WHITE KEITH	M	THE ROCKS SYDNEY	6,15.05	383	GILL GARY	M	EMU PLAINS	6,43.43
284	COOPER PETER	M	KILLARNEY VALE	6,15.11	384	GRIFFITH SUSAN	F	CASTLE COVE	6,43.47
285	BEST WILLIAM	M	BELLEVUE HILL	6,15.46	385	COCKS NEIL	M	LANE COVE	6,43.48
286	CROSBY TONY	M	MOSMAN	6,15.47	386	CROFT STEVE	M	ROSEVILLE	6,44.13
287	BUTLER GRAHAM	M	NEUTRAL BAY	6,15.48	387	DENNIS MICHAEL	M	HAZELBROOK	6,45.16
288	TIGHE JOHN	M	KATOOMBA	6,15.49	388	NILSSON ERIK	M	KENSINGTON	6,45.55
289	DAVIS WAYNE	M	ORANGE	6,15.52	389	GRIMSHAW NICOLA	F	NORTH SYDNEY	6,46.02
290	FICKEL BOB	M	CRONULLA	6,16.11	390	ROBARDS MARY	F	EAGLE VALE	6,46.37
291	GLAPIAK CHARLIE	M	FENNELLS BAY	6,16.17	391	ROBARDS BERNADETTE	F	EAGLE VALE	6,46.38
292	LANCE TONIA	F	ARCADIA VALE	6,16.18	392	FISHER ALBERT	M	PEAKHURST	6,46.39
293	BRIERLEY LEN	M	BOSSLEY PARK	6,16.51	393	O'TOOLE ALLAN	M	SYLVANIA	6,46.40
294	SANDERS MARTIN	M	SURRY HILLS	6,18.02	394	GREENHILL SEAN	M	WINMALEE	6,46.41
295	BLAYDON STEPHEN	M	LEICHHARDT	6,18.03	395	CHAPMAN DOUG	M	CARINGBAH	6,46.49
296	MURRAY WAYNE	M	BANKSIA	6,18.04	396	ENGLISH MERV	M	DEE WHY	6,46.50
297	TIBBITTS WAYNE	M	BIRROG	6,18.06	397	DUNCAN DEIRDRE	F	ARCADIA VALE	6,47.07
298	BDFORD DENNIS	M	RAZORBACK	6,18.15	398	BRENNAN PETER	M	REVESBY	6,49.23
299	WEIR KEN	M	WATSONS BAY	6,18.33	399	RENSFORD BRIAN	M	MERRYLANDS	6,49.24
300	BOYDELL DOUGLAS	M	RYDE	6,18.57	400	PARSONAGE ROSS	M	TURRAMURRA	6,49.38

1999 MAXIM SIX FOOT TRACK MARATHON RESULTS

Place	RUNNER	X	SUBURB	TIME
401	CAIRNDUFF CRAIG	M	RYDE	6,49.39
402	MOULDER STUART	M	CHIPPENDALE	6,49.43
403	BOOKER GREG	M	MANLY	6,50.14
404	KELLY RUTH	F	MANLY	6,50.15
405	DENNIS SCOTT	M	BROKEN HILL	6,50.24
406	RUSSELL ROBI	F	HARRIEWOOD	6,50.25
407	RUSSELL PAUL	M	HARRIEWOOD	6,50.26
408	O'KANE KEVIN	M	TURRAMURRA	6,50.27
409	MCGOVERN JOHN	M	YOWIE BAY	6,50.45
410	MACKIE ANNE	F	BULLABURRA	6,50.47
411	BODNAR STEPHEN	M	KOGARAH	6,50.51
412	DAVIS SIMON	M	OATLEY	6,51.17
413	CUNNIFFE DENNIS	M	MORTDALE	6,51.47
414	HANNAN BILL	M	NEUTRAL BAY	6,51.51
415	SHARROCK PETER	M	RATHMINES	6,51.58
416	WHITE MARGARET	F	THE ROCKS SYDNEY	6,52.06
417	WILLIAMS DENIS	M	ARTARMON	6,53.47
418	ANDERSON DAVID	M	ELERMORE VALE	6,53.52
419	KERRUSH GRAHAME	M	RIVERWOOD	6,53.53
420	KERR MICHAEL	M	MIRANDA	6,54.08
421	DINES ELSJE	F	CRONULLA	6,54.09
422	OVERTON SHERIDAN	F	MOUNT VICTORIA	6,54.12
423	MANLEY PAUL	M	KIRIBILLI	6,54.13
424	LINDSAY JOHN	M	DONCASTER EAST	6,54.28
425	RILEY DENIS	M	NORTH ROCKS	6,55.37
426	HILL MARK	M	CARINGBAH	6,56.00
427	SUSCHINSKY ALEXANDRA	F	RANDWICK	6,56.04
428	YOUNG LINDSAY	M	CARINGBAH	6,56.33
429	HAYES ANTHONY	M	BLACKALLS PARK	6,56.37
430	HOBBS TOM	M	TOUKLEY	6,56.52
431	FARRELL ROBERT	M	CREMORNE	6,58.09
432	SHILSTON ROSS	M	FRANKSTON	6,58.20
433	JONES GRAHAM	M	FRENCHS FOREST	6,58.47
434	KNOWLES ROSS	M	ST IVES	6,59.09
435	KING CHARLES	M	HUNTERS HILL	6,59.48
436	FRANCIS COLIN	M	GREYSTANES	7,01.00
437	PINCI TIBOR	M	LEONAY	7,01.17
438	SEWELL CLAIRE	F	TAREE	7,01.23
439	SEWELL DAVID	M	TAREE	7,01.24
440	VAN NETTEN BERT	M	WANGI WANGI	7,01.41
441	LAWRENCE STEPHEN	M	MAROUBRA	7,01.47
442	PRITCHARD DOUG	M	WINDSOR	7,01.52
443	BARRY JANN	F	BONDI BEACH	7,01.53
444	BARRY LYNNE	F	COOGEE	7,01.54
445	VINEBURG STEPHEN	M	BONDI JUNCTION	7,01.56
446	ALCHIN GEOFF	M	MENAI	7,02.06
447	MOHR MONIKA	F	MIRANDA	7,02.38
448	PETHEP MARTIN	M	DRUMMOYNE	7,02.39
449	MORGAN DENNIS	M	FISHING POINT	7,03.08
450	SHARPE RICHARD	M	BERKELEY VALE	7,03.13
451	LILLIS TED	M	BASS HILL	7,03.58
452	ENGLISH PAT	M	HARRIMOO	7,03.59
453	KRANTZCKE TONY	M	LOFTUS	7,05.13
454	EYNDHOVEN JACOB	M	BLACKALLS PARK	7,06.24
455	WILLIAMS DAVID	M	CONCORD	7,08.44
456	MCILWAIN KEN	M	CAMDEN	7,08.47
457	CHISHOLM TERENCE	M	CLOVELLY	7,09.15
458	CHAPPELL NEIL	M	FISHING POINT	7,10.52
459	HUNT ROBERT	M	CENTENNIAL PARK	7,13.06
460	HICKMAN MICHAEL	M	MANGERTON	7,13.07
461	BRETT JOHN	M	MIRANDA	7,13.09
462	MATUSZEK MARIA	F	ALLAWAH	7,14.04
463	REEVES JOHN	M	GLADESVILLE	7,16.50
464	RETALLACK PETER	M	MIRANDA	7,27.32
465	FROML WAYNE	M	ST ANDREWS	7,28.04
466	ST. LAWRENCE GARRY	M	BULLABURRA	7,29.39
467	MILLS ALLAN	M	SUMMERLAND POINT	7,30.38
468	MARSHALL CRAIG	M	NORTH ROCKS	7,31.00
469	PERKINS RONALD	M	CALIFORNIA , USA	7,31.32
470	DENNETT BRUCE	M	CHERRYBROOK	7,37.43
471	VAN NETTEN DIANNE	F	WANGI WANGI	7,45.38
472	LEWIS MICHAEL	M	GLENWOOD	7,46.55
473	SLOAN BERT	M	ROCKDALE	7,56.38
474	DUCKWORTH BOB	M	EARLWOOD	dnf.
475	GRAHAM DON	M	LEICHHARDT	dnf.
476	LIGHT IRWIN	M	SYDNEY	dnf.
477	LLOYD BILL	M	BONNET BAY	dnf.
478	MARTIN MIKE	M	FRENCHS FOREST	dnf.
479	SODBINOW GEORGE	M	LANSVALE	dnf.
480	WISE PETER	M	GREYSTANES	dnf.
481	FREEMAN MARK	M	ORANGE	dnf.
482	BARTLETT RICHARD	M	CREMORNE	dnf.
483	SOTIROPOULOS KON	M	LATHAM	dnf.
484	LUKINS MARK	M	WAVERLEY	dnf.
485	MOORE DANNY	M	KINCUMBER	dnf.
486	HIBBETT JOHN	M	NAREMBURN	dnf.
487	DALL'AMICO BEN	M	FRENCHS FOREST	dnf.
488	FULLER ROGER	M	MCMAHONS POINT	dnf.
489	SLATTERY KEVIN	M	TOUKLEY	dnf.
490	GAMBLE ROBERT	M	EASTWOOD	dnf.
491	SCOTT MELANIE	F	BALGOWLAH	dnf.
492	HISLOP ANDREW	M	MANLY	dnf.
493	DOWSE ROD	M	PICTON	dnf.
494	ORKIN JESSICA	F	NAREMBURN	dnf.
495	BENJAMIN STEVEN	M	PADSTOW	dnf.
496	PRENDERGAST JIM	M	EMU PLAINS	dnf.
497	CRONK TREVOR	M	KILLARNEY VALE	dnf.
498	MARTIN GERARD	M	KILLARNEY VALE	dnf.
499	JONES AMANDA	F	MANLY	dnf.
500	TOMICZEK BILL	M	MOUNT RIVERVIEW	dnf.

Place	RUNNER	X	SUBURB	TIME
501	HUDSON NAOMI	F	MOSMAN	dnf.
502	BUNTING JOHN	M	MONA VALE	dnf.
503	OWEN ROBERT	M	MANLY	dnf.
504	HINDS PETER	M	TURRAMURRA	dnf.
505	THEISSING STEPHEN	M	NEUTRAL BAY	dnf.
506	CRONIN PHILIP	M	BONDI JUNCTION	dnf.
507	DOE JOHN	M	SYDNEY	dnf.

... END OF REPORT ...

Sri Chinmoy Ultra Triathlon

21/2/99 (Midnight to be exact).

Run leg of the Sri Chinmoy Ultra Triathlon.

First: Kelvin Marshall 9:04:51 (Run Only)

Second: Paul Every 9:49:51 (Overall Triathlon Winner: 30:38:55)

Third: Nick Mallett 9:50:21 (Overall Triathlon 2nd: 30:39:14)

Fourth: Astrid Benohr 10:03:14 (Overall First Woman: 33:46:43)

Fifth: David Baldwin 10:57:57 (First all male team: 34:13:16)

Certainly won't go down as my greatest ever win (question whether I'd actually call it a win) also my personal worst by 43 Seconds. *(What a flop after more than 9 hours. I can understand your disappointment after winning with a margin of 45 minutes!!)*

Kelvin, it's a great result. Congratulations. -Ed

Anyway hopefully it was good training for the Six Foot Track,

Kelvin Marshall



THE 1999 MAXIM SIX FOOT TRACK MARATHON

6th March 1999 by Nigel Coldrick

It is four years since I last did the six foot track and I enjoyed this run so much I wonder why it took me so long to come back. Probably because there are so many good runs available that I just haven't found the time to fit in this run on a regular basis.

In 1998 for the first time in many years I did not run any marathons or ultra marathons as a new job and accounting study took up a lot of my time. It was not until January that I decided that I should put in the effort to run the Rotorua marathon on the 1st of May and that I'd better get fit fairly quickly. A couple of 32km training runs and then a steady 35km training run with no problems – I even began to enjoy them - convinced me that another six foot track marathon would be a good training session towards building my base fitness back up. Unlike road marathons where I try to run to a kilometre rate in the six foot track the scenery and atmosphere lends itself to an enjoyable jog through the bush.

The race starts at the explorers' tree at Katoomba and traversing 47 kilometres of undulating country to finish at Jenolan Caves. With a record field of 543 runners it was a bit congested at the start. The weather had been wet in recent weeks and with today going to be a hot 28 degrees with no clouds there would be a lot of humidity. The track filters into a single file path down to Nellies' Glen and is almost vertical in places. The top 100 seeded runners were able to start from the front and the rest were left to fight for positions. As I started near the back of the field it took 32 minutes to do the 2kms or so down to the base of the incline. As we walked down, and even stopped for several seconds at a time, you could enjoy the rainforest atmosphere as a stream trickled down next to the bell birds and us were singing. It was quite cool in this shaded area and we were enjoying it while we could. The runners were full of chatter at this stage with some relaxed and some getting agitated at not being able to run yet.

When we reached Nellies' Glen we were able to start running on the track beside the river. The conditions were still good at this stage with plenty of shade and a cool breeze. I passed about 40 or so runners even though I was still only in a casual jogging mode. The reason I was passing so many is that many runners are border line in making the 7 hour cut-off limit. By getting a front position at the start gives them up to 15 minutes advantage down the incline and therefore can be the difference between finishing and being pulled out of the race.

On the hour mark I passed Kon Sotiropoulos of the A.C.T. Veterans who had got away to a reasonable start. At this stage we were becoming a little bit more exposed to the sun and it was getting warm. Several runners looked like they had taken a dip in the river as the humidity began to draw the sweat out of the body. The path narrowed back to single file for about 5 kilometres along the stretch to the river crossing. It was a pretty slow pace and I felt a little frustrated. It was not worth passing anyone as there was a continuous line of runners all the way ahead.

The river crossing was uneventful with the water being below waist height. The race really starts from this point as the path becomes a four wheel drive track and gives plenty of room for runners to overtake. This is the start of the toughest section with 8 kilometres of fairly steep climbing. Any runner that can maintain even a jog will make up a lot of time as many of the competitors are reduced to walking. I managed to run about half of this climb and must have passed at least a hundred competitors. It is fairly exposed on the climb and the sweat was running down me as if I was standing under a shower. At each drink station I was having at least three cups of water and at a couple of stations had five cups. There were plenty of drink stations and they were well set up with water, maxim and fruit for the competitors.

The next 10 kilometres consists of a continuous but gentle rise to the main Jenolan Caves road. This section was on a well graded forest road with plenty of shade. Most of the runners around me were maintaining a steady run along this section and there was very little movement in overall positions. Some of the Sydney Striders had cyclists come down the trail to encourage them and discuss the relative performances of runners up ahead. Due to the humidity there had been a large number of casualties with cramp and dehydration. The leading lady with 14 kilometres to go suffered badly and dropped to a walk and eventually finished in about 9th place.

When reaching the Jenolan Caves road there is 10 kilometres to go of which about 5 kilometres is along the tarmac with no shade. Luckily there was a fairly strong head wind to cool the competitors down. I still felt fairly fresh at this stage and passed a few more runners before turning off the road and back on to the bush track with 5 kilometres remaining. Being forced to take it easy at the start by the number of slower competitors had its advantage in that I was feeling good and actually enjoying myself at the end of a race.

The last 5 kilometres undulates slightly before a 3 kilometre downhill run into the finish at Jenolan Caves. The downhill section is quite steep and this was the only part of the race where I actually felt a bit sore in the legs.

Greg Love has won this race on many occasions but had to settle for 3rd place today. The winner was **Stephen Ikin** in a time of 3hrs 43minutes and 45 seconds. Second was Nigel Aylott in 3hr 44m 22s and Greg Love in 3hr 48m 16s. The first female was **Dawn Tiller** in 4hrs 23m 23s.

Craig Wisdom from Canberra did well to finish 12th in 4hr 14m 21s and **Hugh Jorgensen** the President of the Cross Country Club finished 38th in 4hr 37m 32s. There were 543 competitors (another record number). There were 34 known competitors that did not finish the course. Unfortunately Kon Sotiropoulos was one of these and this must have been bitterly disappointing as he'd finished the run quite comfortably on three other occasions.

ADT 50
AURA DAM TRAIL 50 km - 21 March, 1999
RACE REPORT

Another race record and another fine win to the inform Nigel Aylott. Nigel cruised around the course on an ideal day (rain and drizzle to keep things cool) in a new course record of 4:20:28 Congratulations Nigel!

Nigel is the 1st person (another record?) to win both of my trail races in the same year when he also took out the Bogong to Hotham race in January. It's a good thing for both Nigel and me that I don't organise another ½ dozen races throughout the year.

Mark Phillips wasn't far behind Nigel the whole way and was always ready to pounce if Nigel had have faltered anywhere around the course. Well run Mark!

Kelvin Marshall and Kevin Cassidy are the only runners to have completed all ADT 50s (5 total), so I have to organise the race again next year to see if only one is left standing. I might have to ban Kevin because he tried a bit of blackmail on the organiser before the start, which was quickly put down. It's amazing what lengths some unscrupulous people go to.

Brian Simmons again donated a superb wooden mounted clock (made by George Start) to the winner. Thanks ever so much Brian for your generous support. George also made 3 other smaller wooden mounted clocks for presentation to 2nd, 3rd and 4th. Thank you also George for your generosity again this year. All recipient thoroughly enjoyed their beautifully made prizes (from local timbers).

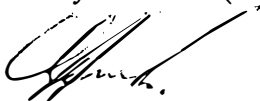
On behalf of all competitors, my sincere thanks to all helpers for making the (wet) day so enjoyable for all the runners:

Ross Shilston at Carters Gap, Dom Dom Saddle and the finish
Yoko Davies & Atsuko Kobayashi at Black Spur, Dom Dom Saddle & the finish
Brian Flynn at Dom Dom Saddle
Clive Davies at 26.5 km instead of 25 km
Greg Wilson at Mt Monda
Tony Payne at Mt St Leonard
Ivor Carter at the Marathon point
Peter Armistead at Donelleys Weir

Car shuffle-Brian Flynn, Brian Simmons & RossShilston

A light blue golf shirt (collar with short sleeves) was handed in. Does this belong to anyone?

Till next year's race (19th March, 2000) stay fit and healthy.



GEOFF HOOK
Your Unscrupulous Race Organiser

**ADT 50
AURA DAM TRAIL 50 km
21ST MARCH, 1999**

RESULTS

				6.2 km Carter's Gap	10 km Dom Dom 1	16.4 km Black Spur	20 km Dom Dom 2	26.5 km Monda Track	30 km Mt Monda	37.7 km Mt St Leonard	Marathon	47.1 km Donelleys Weir	50 km Finish	
1.	Nigel AYLOTT	✱	32	Vic	0:37:44	0:52:15	1:19: -	1:35:25		2:36: -	3:12:45	3:39:30	4:07: -	4:20:28 ✱
2.	Mark PHILLIPS		47	Vic	0:41:44	0:55:15	1:24: -	1:42:35	2:27: -	2:49: -	3:29:10		4:27: -	4:41:41
3.	Kelvin MARSHALL		34	Vic	0:44:04	0:58:15	1:27: -	1:45:00	2:41: -	3:01: -	3:42:50	4:14:20	4:41: -	4:54:09
4.	Raymond WASCHL		29	Vic	0:44:14	0:59:15	1:30: -	1:46:35	2:41: -	3:02: -	3:45:15	4:14:40	4:43: -	4:56:25
5.	Andrew HEWAT		35	Vic	0:44:09	0:58:15	1:27: -	1:45:05	2:43: -	3:07:30	4:02:10	4:34:15	5:05: -	5:20:32
6.	David STYLES		49	Vic	0:47:44	1:05:00	1:38: -	1:57:45	2:51: -	3:16: -	4:06:05	4:39: -	5:12: -	5:36:33
7.	Kevin CASSIDY		38	Vic	0:39:24	1:08:50	1:42: -	2:03:00	2:57: -	3:22: -	4:11:30	4:49:40	5:22: -	5:38:40
8.	John HARPER		51	Vic	0:49:34	1:09:35	1:49: -	2:12:15	3:11: -	3:38: -	4:27:30	5:01: -	5:34: -	5:48:55
9.	Ernest HARTLEY		49	Vic	0:57:44	1:18:55	1:55: -	2:22:00	3:33: -	4:01: -	4:59:45	5:47: -	6:23: -	6:42:25
10.	George CHRISTODOULOU		59	Vic	0:51:04	1:18:50	1:58: -	2:19:15	3:33: -	4:03: -	5:05:20	5:55: -	6:33: -	6:58:15
11.	Peter NELSON		58	Vic	0:57:44	1:24:50	2:13: -	2:43:35	3:54: -	4:21: -	5:23:05	6:05: -	6:42: -	7:09:35

* Course / Event Record

MAROONDAH DAM TRAIL 50KM

Victoria, Australia. Sunday March the 21st, 1999

by Kevin Cassidy

The trip out to the dam was spectacular as I motored along the Maroondah Highway out of Melbourne, the hot air balloons were out in the Yarra Valley and a large dark cloud was wrapped menacingly around the summit of Mt.St.Leonard.

Arriving at the start at Fernshaw picnic ground, I met up with all the regular ultra nuts and the sarcasm was flying thick and fast. Before the race had even started I had managed to drop all my powerbars and squeezies in a pool of mud then slip over on the brick path while heading

to the toilets. Eventually the 11 starters were sent on their way by Race Director, Geoff Hook. I had lent my car to the incomparable Peter

Armistead who would be travelling to various aid stations [A risky move, I reckon !!!!!] and he popped up in all sorts of unusual places. The race soon became somewhat of a solo run as the small field stretched out [I didn't see a soul after 10km]. As I reached the Black Spur aid station at

16km I was greeted by Clive Davie's lovely wife, Yoko. As I lent forward to get some food I bumped my head on Yoko's clip board while she was busily trying to note my time, with Geoff Hook as a witness I thought I may be able to make a few dollars with an out-of-court settlement but all

Hookie could do was laugh and say "Hit him again" !!!!!!!

A constant drizzle had set in and the weather was quite cool, what a contrast to last years event when we battled century plus heat. At 20km the course crosses the Maroondah Highway and the race instructions clearly state that you should only cross on the instructions of a "competent race official", so why then was this job left to Ross Shilston

who tried his best to get me to run out in front of a 50 ton logging truck? Maybe he thinks he is in my will?

Running through the state forest was just magical as the mist nestled in the valleys and amongst the huge gum trees so it was a real shame to see a pile of used shotgun cartridges in this delicate and protected area. These morons must think they are war heroes as they blast away at our native creatures who couldn't possibly defend themselves, they truly are national heroes of whom we can all admire and be extremely proud !!!

Approaching half way, I was starting to pay the price of gross unfitness and my pace slowed. I passed Greg Wilson who was handing out drinks in the middle of nowhere and he said "I've got a piece of paper that says a bloke named Kevin Cassidy should have come passed here ages ago". I battled on up to the Mt.St.Leonard summit at 37km and started the

steep drop down to the finish. Passing through Donnelly's Wier with 3km to go, I caught sight of both Peter and my car, "Lookin' good there, Dad"

he said in his laconic drawl.

As I crossed the dam wall to the finish, I was glad that the cool weather had kept all the picnickers away because last year almost saw me have a head on crash with a group of elderly citizens on walking frames.

I had a long wait in the rain at the finish because Peter had my car and was out collecting the course markings and it was during this wait that Hookie realised that, for the first time, no one had got lost !!

With the race now over it was time to visit Brian Simmons at his nearby

home where we relived some great moments in the history of football before I started giving the game of cricket a well deserved "bagging". Next stop was a visit to the Feldman's farm where the injured Liz was proudly showing the video of her knee operation [yuk]. The trip back home

44 was slow in the pouring rain but I enjoyed my stop for a Vegieburger at "Hungry Jacks"

AURA DAM TRAIL 50KM, VIC 21ST MARCH, 1999

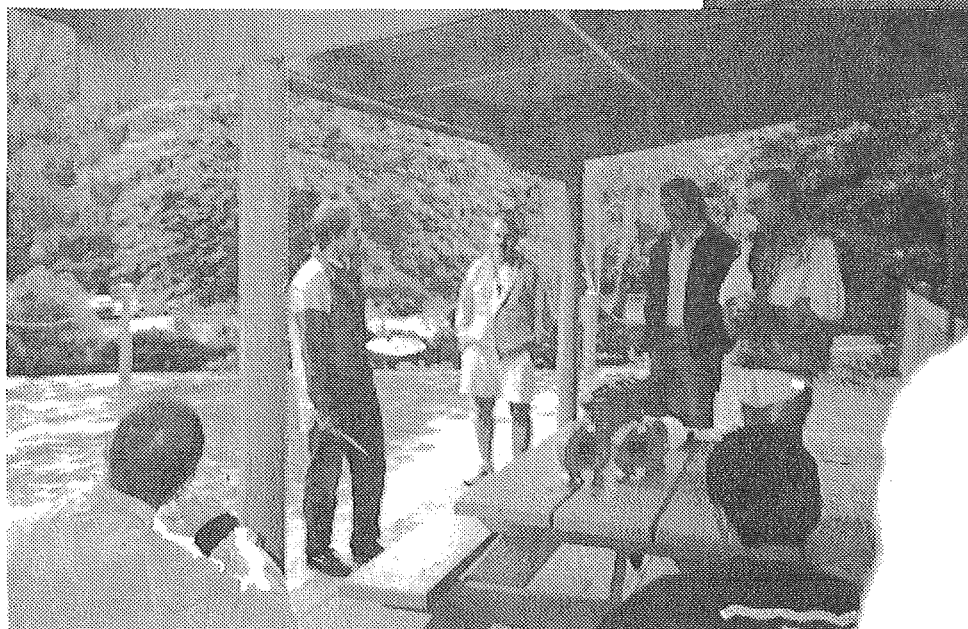
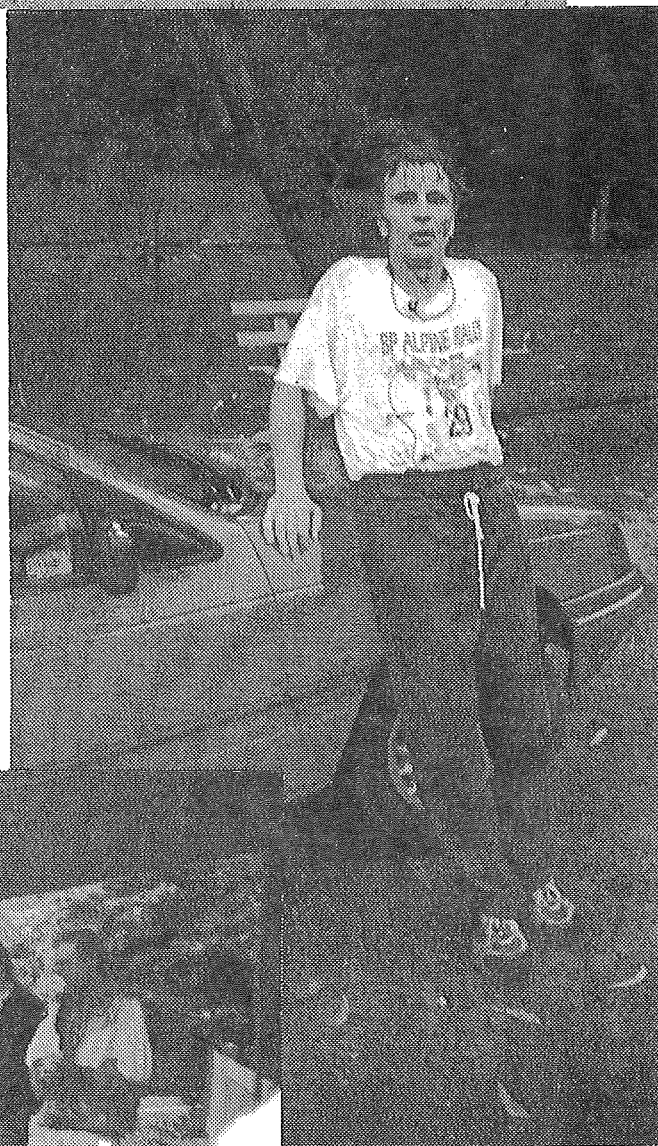


(Above)
Starters in 1999 ADT 50km Trail
Race, Victoria, 21/3/99
N.B Kev Cassidy's
notorious yellow ute off to the side.

(Right)
George Christodoulou after finishing
the ADT 50km Trail is 3/4 dead.

(Below)

The winner, Nigel Aylott with
officials, Ross Shilston, Brian
Simmons and Race Director,
Geoff Hook



CANBERRA 50KM ROAD RACE - 11TH APRIL, 1999

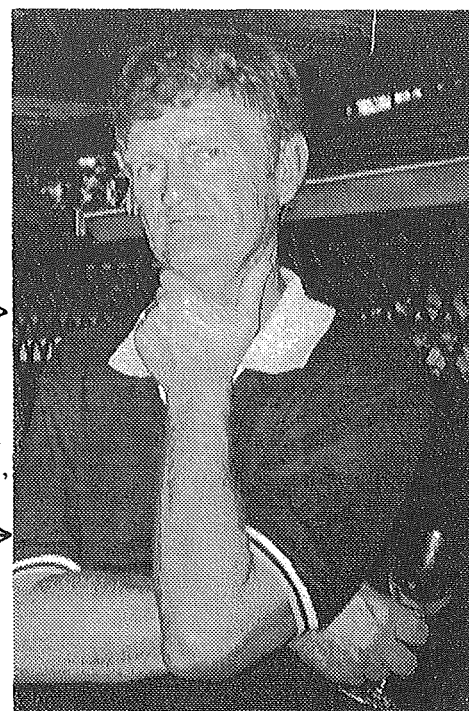
1	2:24:35	3:02:30	Todd	Ingraham	25	QLD	
2	2:33:59	3:11:36	Mal	Grimmett	33	VIC	
3	2:38:58	3:13:25	Trevor	Jacobs	47	ACT	
4	2:44:14	3:17:17	Michael	Wheatley	34	VIC	
5	2:48:25	3:23:22	Sandra	Timmer-Arends	35	VIC	(F ^{#1})
6	2:42:43	3:24:05	Craig	Ambler	35	VIC	
7	2:53:42	3:26:44	Daniel	Riley	35	NSW	
8	2:52:08	3:30:16	Bruce	Renwick	51	NSW	
9	2:55:17	3:34:55	Peter	Fitzpatrick	51	NSW	
10	2:59:35	3:39:17	Paul	Every	34	NSW	
11	3:03:24	3:40:19	Bjorn	Dybahl	45	WA	
12	3:00:00	3:40:56	Richard	Briscoe	34	NSW	
13	3:06:23	3:43:38	Aaron	Fuller	99	NSW	
14	3:05:17	3:43:42	Wayne	Stanton	41	NSW	
15	3:06:55	3:46:20	David	Standeven	99	SA	
16	3:04:02	3:46:52	Helen	Stanger	48	NSW	(F ^{#2})
17	3:02:28	3:50:45	Gary	Aitkenhead	40	NSW	
18	3:16:52	3:53:38	Alan	Jones	33	VIC	
19	3:16:52	3:53:39	Rob	McConnochie	44	RSA	
20	3:10:10	3:59:48	Tony	Harber	44	ACT	
21	3:18:35	4:05:57	Catherine	Kay	44	ACT	(F ^{#3})
22	3:25:40	4:08:11	Ian	Wylie	39	NSW	
23	3:27:55	4:09:33	Phil	Coggins	34	NSW	
24	3:29:08	4:10:42	Michael	Wilson	52	NSW	
25	3:09:29	4:13:59	Gregory	Osborne	34	NSW	
26	3:29:22	4:15:09	Ian	Forsyth	44	NSW	
27	3:15:20	4:15:55	Chris	Gamble	47	ACT	
28	3:29:10	4:16:25	Robert	Osborne	43	NSW	
29	3:39:50	4:18:53	Brett	Molloy	39	NSW	
30	3:33:45	4:18:54	Nadene	Shapiro	26	NSW	(F ^{#4})
31	3:37:03	4:22:38	Charles	Reis	32	NSW	
32	3:33:50	4:26:46	Gordon	Forsyth	51	NSW	
33	3:43:51	4:32:48	Paul	Crouch-Chivers	50	QLD	
34	3:38:15	4:33:20	Nigel	Bolton	31	ACT	
35	3:43:48	4:34:41	Jane	Bennett	47	SA	(F ^{#5})
36	3:45:53	4:36:46	John	Trist	50	NSW	
37	3:40:47	4:44:09	Randall	Hughes	75	VIC	
38	3:48:45	4:44:36	Jim	Screen	56	NSW	
39	3:50:36	4:44:36	George	Bennett	50	SA	
40	3:51:36	4:44:39	Bruce	Hall	44	NSW	
41	3:45:10	4:45:15	Dusan	Hora	54	NSW	
42	3:52:37	4:45:39	Bernadett	Robards	28	NSW	(F ^{#6})
43	3:54:07	4:46:24	Ludwig	Herpich	63	NSW	
44	3:51:20	4:47:08	Keith	White	99	NSW	
45	4:03:35	4:47:26	Ching Te	Huang	49	TAI	
46	3:49:54	4:55:31	Pierre	Van Heerden	40	NSW	
47	4:05:47	5:02:27	Roger	Rigby	56	NSW	
48	4:01:28	5:02:33	David	Cannings	42	QLD	
49	4:11:28	5:04:54	Sean	Greenhill	20	NSW	
50	3:59:13	5:09:11	Bruce	Hall	42	NSW	
51	4:30:08	5:27:32	Eddie	Ngenda	59	QLD	
52	4:18:34	5:33:23	Peter	Gray	99	VIC	
53	4:37:13	5:34:21	Tony	Martin	70	VIC	
54	4:52:20	5:58:09	Victor	Hessell	40	ACT	
55	4:38:48	6:13:30	Lachlan	Lewis	61	ACT	

FRANKSTON TO PORTSEA 55KM ROAD RACE

18th April 1999 [Melbourne, Australia]

1. Tracey Macaw [F]	4:15:00
2. Max Gibbs	4:24:28
3. John Harper	5:00:27
4. Geoff Hook	5:36:53
5. Geoff Rodgers	5:42:00
DNF Kevin Cassidy	42km
DNF Peter Nelson	42km

Pete Armistead, the
send-off committee
in this year's
prestigious Frankston
to Portsea Road Race,
Victoria,



CONTINUING THE TRADITION

by Kevin Cassidy

This low key, self help, do as you please run got underway in ideal running conditions and boasting a bigger field than we have seen for several years with a grand total of seven runners in the 27th edition of this event since 1973. Max Gibbs had things looking half professional when the normal one page of instructions had been increased to three along with a 150% increase in the entry fee [from two dollars up to five] "That's for a bottle of wine for the winner" he laughed.

At approximately 7am our illustrious race director, Ross Shilston, said GO and we shuffled off from the Davey Street corner in the direction of Portsea to the applause of our send off committee which consisted of the old sea dog himself, Peter Armistead. It was a privilege to have 22 year old Tracey Macaw [nee Newton] amongst the field, the pint sized Tracey is a real pocket rocket having won the 1997 Melbourne Marathon as well as representing Australia. Also joining the runners were a group of youngsters out for a training run, they promised to stick with the field but quickly took off like rabbits and we didn't see them again until they came back the other way after 10 km or so.

I was moving along ok during the early stages of what is my favourite ultra and I was taking in all the scenery as the autumn leaves scattered across the highway, there were loads of cyclists out training and a continuing stream of restored vintage cars were parading back and forth along the road. After enjoying the undulations during the first half, the course takes us onto the beach road and we get to admire the bay for the rest of the course, it was at this stage that Ross came driving passed and assured me that I could now swim to the finish if I was so inclined.

I plodded on through 30km and I was fast realising that the niggling aches and pains that have plagued me over the last 18 months were only getting worse and worse. My aching back soon reduced me to a hunched over stagger and John Harper came charging by me looking confident and strong. I finally dragged myself to the 42km point at the Dundas Street intersection at Rye and hobbled across the highway into the Mobil service station where I grabbed a Diet Coke and slumped across a pine log fence. I finally had to face the fact that, after 14 years of ultras, my body just can't do these things any more. As the Sunday morning traffic drove obliviously by, I sat for about 10 minutes sucking on my drink and holding back the tears as I cast my mind back over all the highs and lows since 1985. I guess it all ends right here in the gutter of the Nepean Highway, I think my future involvement with ultras will be reduced to handing out drinks and checking stop watches and if I am ever asked "Aren't you Kevin Cassidy?" I will be able to reply "No, but I used to be"

With the race still in Progress, I quickly came to my senses and composed myself. With the finish being at the gates to a national park it is always difficult to negotiate the last few hundred metres, this requires tired runners to get through large groups of tourists who wander about aimlessly with vacant expressions on their faces.

As this is a self help event, it always results in a number of amusing personal incidents and each runner that crossed the line had a funny story to tell. Although not finishing, Peter Nelson arrived at the gates in the local bus and reported that he DID manage to stay on course this year. Tracey recorded a stunning win over we mere males but it was not without incident, Cynthia [Tracey's mum] was walking with Tracey giving her a drink when kind and considerate Peter [Cynthia's brother] drove up to them so Cynthia didn't have to walk back to the car and, in doing so, ran over Cynthia's freshly poured cup of tea!

Max was only 500 metres from the finish when a lost motor cyclist pulled up beside him to ask for directions. With a full faced helmet on, all poor Max could hear was muffle muffle muffle hhhmmffff hhhmmffff
!!!!!!!!!!!!!!!!!!!!!!

John Harper was a man on a mission and had gone out the previous night to plant drink bottles along the course, I guess it is lucky for John that this race doesn't coincide with "Clean up Australia day". Geoff Hook was happily plodding down the highway when race director Ross drove by to see how he was going. Grasping the opportunity, Hookie conned Ross into lending him 10 dollars which had poor Ross worrying because they were approaching a winery. Ross later claimed that Hookie paid him back with a counterfeit note.

With first timer, Geoff Rodgers, approaching the finish, the best story was about to be told. Geoff had taken a wrong turn at 20km and ended up on the Peninsula Freeway. Pretty soon the police, with sirens blaring, had pulled up and Geoff, oblivious to his wrong turn, insisted that there were several runners up ahead. The police then took off after the "other runners" and Geoff continued along the freeway before rejoining the correct course at the next ramp. Geoff remained ignorant of his wrong turn until Ross drove up to him in Dromana and listened to his "police story". I had visions of the police spending all day roaring up and down the freeway in fruitless search for the "other runners".

With another Frankston to Portsea event completed, the Portsea area was becoming quite crowded as people were arriving to watch the start of the Melbourne to Osaka [Japan] yacht race.

Next years event has a tentative date of Sunday the 9th April

A history of the Frankston to Portsea event can be found at <www.coolrunning.com.au/ultra/frankston.shtml

GLASSHOUSE TRAIL WALK , 50 KM –

SUNDAY, 2 MAY 1999 - QUEENSLAND, AUSTRALIA

by Melanie Jonker

After a 5 month gap between ultras I was really looking forward to walking the 50 km distance at the recently held Glasshouse Mountains Trail Runs. A rare treat for me this time was to actually have a personal crewperson looking after me.

Kevin (Cassidy) certainly was kept busy driving to the different aid stations and keeping me supplied with fluids and food. As well, he managed to take photos of the event, drive into the Glasshouse township and keep himself supplied with Diet Cokes and "munchies" as well as driving Bill Thompson home to his custard farm.

It wouldn't be a Glasshouse event if there wasn't some rainy weather! Saturday night it poured down for a couple of hours which resulted in some quite muddy parts on the trail. However, on Sunday morning there was evidence of a number of stars in the sky which boded well for the day. Kevin and I arrived at the starting point (base) just before 5 am. There were already a few runners and walkers preparing themselves for the 5.30 am start. It was a cool, brisk morning and I was reluctant to take my track suit off but alas the time came when I had to. I and the other participants were milling around waiting for the start rubbing our bare arms and trying to keep warm, when, Kevin, who was dressed in track pants, a long sleeved T shirt and my jacket started complaining how cold it was!!! Now coming from a Victorian who is constantly boasting that Queensland doesn't know what cold is, I found this to be very amusing.

Ian Javes (Race Director) started the race and we all took off on a small 3.2 loop before returning to base and then completing two 23.9 loops (the distance was in fact 51 km).

As the two other walkers had started half an hour earlier I was a bit worried about losing my way during the 3.2 km as it was still dark. Although I had a torch, it was still a bit daunting on my own in the dark. Eventually I lost sight of the runners in front of me but luckily Charlie Hall (a regular helper at these events) kindly waited to make sure I didn't "lose the plot" so early into the event. By the time I had gone through base and started on the first main loop the sun had risen so I tossed my torch to Kevin and was on my way.

I can still remember my first few Glasshouse events in 1996/97 when I was always apprehensive about the course (which is always different) as I wasn't used to walking through trails and up and down hills. However, after completing my 7th event, I have become quite familiar with the trails and what to expect. I never tire of the solitude of walking around these wonderful mountains away from the hustle and bustle of my working week. This particular morning the weather was absolutely superb and I was full of enthusiasm as I tackled the trails.

Kevin met me at the first station (no 8) before I made my way back to base (no 5). There were a few wet areas, however, I managed to get through them without any mishaps. Kevin had already started calculating what time I would reach no 5 based on the time it took me to reach no 8 and his calculations were quite accurate. My walking pace didn't vary much throughout the whole event. Once through no 5 it was off to aid station no 6. This section of trail includes the infamous Hennessey's Hill which at one stage used to scare the living daylights out of me, but now I look forward to it as I know that there's no way this hill is going to get the better of me! Walking around and over these mountains during the last couple of years has certainly made me a lot fitter when it comes to climbing hills.

After a quick stop at no 6, I came to a part in the trail which I always think as one of the most spectacular sights. Although only a dirt road, as you turn the corner and are confronted by it, the vista literally takes your breath away. The road dips down steeply and then rises steeply and it looks as if it goes on forever. The first time I saw this road I was positive I'd never make it up the other side but surprisingly it's only when you're about three quarters up the other side that you

realise there's not much to go and it wasn't that bad at all! Before I knew it I was back at base and ready for the second loop.

After replenishing my water bottle and other supplies it was back around Mt Beerwah to aid station no 8. Psychologically I was feeling better because I was more than half way through the event, however, I was feeling a bit tired but determined not to slow my pace too much. I had a quick drink and something to eat at no 8 and was on my way back to base. Although there is quite a bit of uphill walking throughout the event, there is also as much downhill and my quads and knees were starting to scream out in pain by now. There were quite a few finishers around base by the time I reached there and it was a bit deflating to know that I still hadn't finished. Weather conditions by now were still great - in fact it didn't get really warm at all so I was thankful for that.

After more fluids I was off to no 6 to tackle Hennessey's Hill for the last time! After leaving no 6, I was again confronted by the long downhill road followed by the uphill climb. Once I reached the top it wasn't long before I was entering the final stages of the event. Kevin met me at various points - snapping photos and giving me heaps of encouragement. Two kilometres to go and I could see base - my legs were aching but nothing was going to stop me now. After being on the trail for 7:32:13 I crossed the finish line with a sense of weariness and elation that I'd finished yet another ultra.

As usual, thanks must go to Ian Javes and his many assistants for providing three challenging courses. Congratulations to the other two 50 km walkers - Kerrie Hall and Peter Lewis (who walked 50 km for the first time). Also, special thanks to my personal crewperson, Kevin Cassidy, who kept me "fed and watered" and gave me so much positive encouragement and feedback during and after the event.

I am now looking forward to September's Glasshouse event.

RESULTS -

2 MAY 1999

1st	Greg Barton	3:52:42
2nd	Graham Medill	4:08:38
3rd	Ed Matterson	4:31:44
4th	Graeme Walker	4:49:24
5th	Maureen O'Looughlin (F)	5:08:54
6th	Rainer Newmann	5:14:02
7th	Daryl Watts	5:22:43
=8th	Bob Burns	5:42:03
=8th	Ron Green	5:42:03
10th	Ronald Dungleison	5:46:19
11th	Sandra Dungleison (F)	5:52:54
12th	Poh Suan Neumann (F)	5:52:54
13th	Vicki Tanner (F)	6:32:31
14th	Melanie Jonker (F) (Walker)	7:32:13
15th	Kerrie Hall (F) (Walker)	7:32:34
16th	Peter Lewis (Walker)	8:09:12

GLASSHOUSE 50 TRAIL RUN

Coburg 24 Hour Carnival – Victorian 24 Hour Track Championship**Noon 8th May to Noon 9th May 1999****Venue: Harold Stevens Athletic Track, Coburg****Report by Bernie Goggin**

Saturday was cloudy and cool with a light breeze – ideal for running long distances. The event included 14 Ultra athletes and three relay teams.

The teams were the “Young Guns”, a group of young enthusiastic and fast athletes lead by Chris Erickson; Coburg Little Athletics, ably organised by Evan Trapalis; and a Coburg Harriers Team. Each team comprised 10 runners, each running 30-minute legs over the 24 hours. The Little Athletics team had 20 members running successive 15-minute periods.

The Ultra runners included 43 year old Yiannis Kouros, world record holder for 200 km, 150 miles, 250 km and 24 hours (303.5 km). Cliff Young also competed; he is 77 years old and looked very fit – apart from sore feet from digging potatoes in bare feet!

At 11.30 am, Mark Matthews withdrew from the Harriers Team due to injury and while we were scratching our heads seeking a replacement, in walked Jerry Davey, dressed in singlet and shorts and said ‘Any chance of a run?’

The race started at 12 noon with Yiannis heading off strongly, heading the field including the relay teams. A nice touch during the opening laps was Ultra Walker Phil Essam competing against his 6 year old daughter Laura, who was running for the Little Athletics Team.

By 3.30 pm, Helen Stanger (NSW), last year’s overall winner, was out with hamstring trouble after completing 87 laps.

At 8.00 pm, under light cloud cover the weather was cool but the breeze had dropped. Yiannis Kouros had already covered 264 laps followed by Andrew Lucas (Tas) at 193 laps. The leading Relay team was behind Yiannis at 250 laps.

All runners and walkers were looking very strong at this stage and seemed inspired by the mild evening atmosphere.

Yiannis incredibly was outperforming all the relay teams and for 4 hours lapped at under 1 min 50 sec. He covered 84.4 km (2 marathons) in 6 hr 15 min 54 sec.

By midnight the scene was changing. The Young Guns team (384 laps) had just edged ahead of Yiannis Kouros (378 laps). Andrew Lucas (267 laps), was showing signs of leg soreness and was being pressed by Jerry Zukowski (255 laps).

Tim Erickson has pulled out at 4 hr (101 laps) and Shayne Walthers, who had planned to run 8 hr in this her first Ultra, completed 9 hr (152 laps).

At 4.30 am, the temperature was relatively mild at 10°C. Yiannis had completed 500 laps (200 km!) and went off the track for a shower and rest. He had a commanding

lead at this stage, being well ahead of his nearest rivals in Andrew Lucas (327 laps) and Jerry Zukowski (325 laps). The Young Guns team was just ahead of Yiannis, which emphasises Yiannis' strong performance.

By 7.30 am Sunday, Yiannis had returned to the track still looking very strong and lapping regularly at 2 min 07 sec laps. The other Ultras were looking very tired and sore, particularly Andrew Lucas (left knee), Phill Essam, walker (sore legs) and Victor Hessel, who was out on his feet in his first 24 Hour race, but kept going somehow to the finish. Jerry Zukowski, Cliff Young, John Timms, Michael Grayling and Peter Gray however, were looking reasonable and in good spirits.

Daybreak always revives the runners' spirits and although it was overcast and quite cool, the anticipation of only a few hours to go seemed to bring out a fighting spirit in the flagging Ultra Athletes. This is when real raw courage is shown, the desire not to let time and distance beat the tortured legs and body. A very dry sense of humour also emerges.

The relay runners seemed to get a new lease of life when faced with their last 'shift'. The last few hours of an "Ultra" create a really unique atmosphere.

At the sound of the starting gun at 12 noon, the event ended with all competitors dropping their small sandbags to ensure accurate measurement of the distance covered.

The presentation ceremony is always special, with some classic comments from some of the Ultras, and with Cliff Young bounding around the room and a crowd of enthusiastic supporters.

The event was lapscored for the first time entirely by computer, using 2 laptops with a third in reserve. A manual check pad was also used as a double check to the computer records. The computer software was developed by Malcolm Matthews and provided comprehensive information with the ready availability of regular printouts whenever required throughout the event.

The use of an industrial heater kept the clubrooms cosy and the plentiful supply of meals and snacks from the canteen made the clubrooms a comfortable haven for runners, helpers and supporters alike.

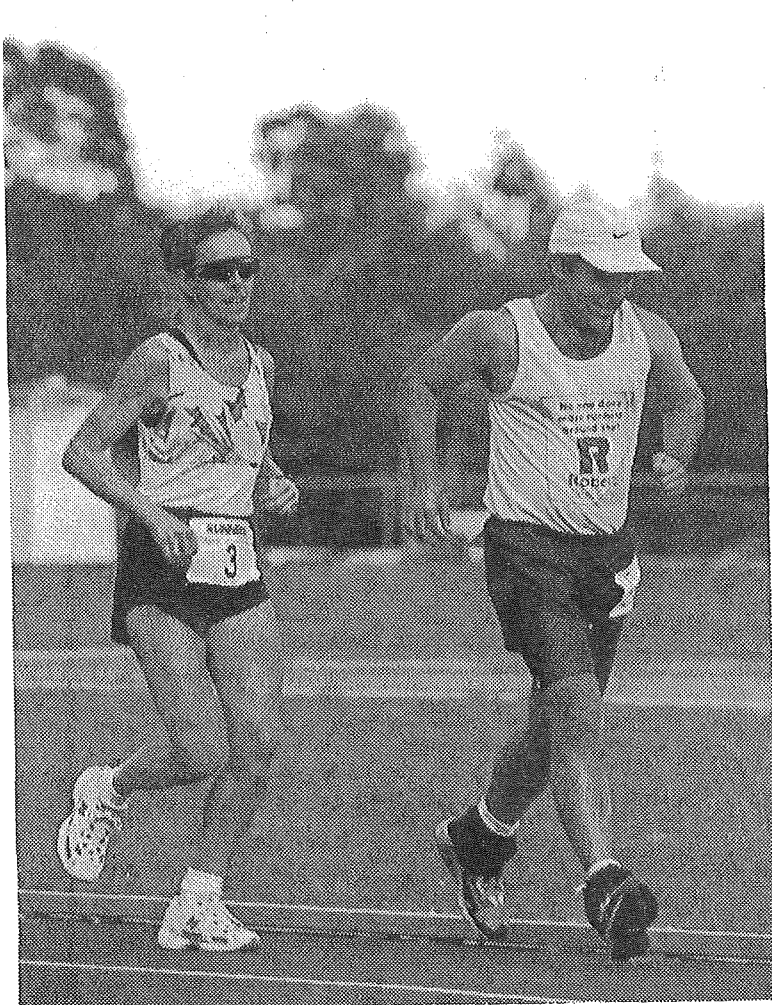
Masseur Michael Gillan made himself available for the full 24 hours, and is well respected by the Ultra runners.

Coburg Harriers members were generous with their support for the many tasks during the event, including lap scoring, kitchen duty and running in the relay team.

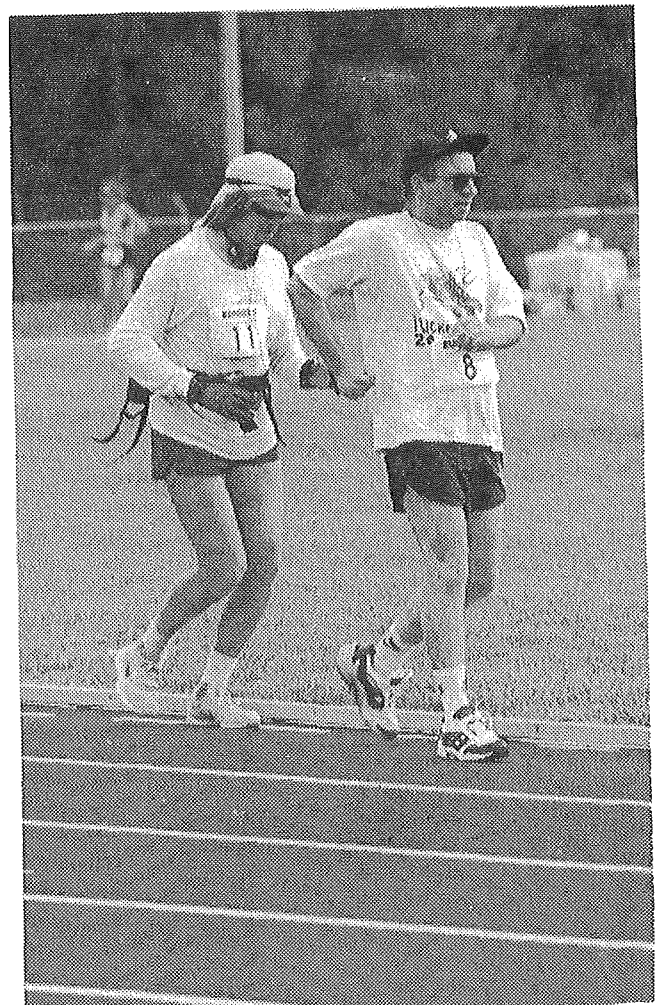
- N.B.
1. Winner of the Gordon Burrowes Endurance Award was Victor Hessel of Canberra
 2. Cliff Young broke the unofficial world record for over 75 year olds for 24 hours. Wow!

Coburg 24 Hours Ultra Track and Team Relay
Victorian Track Championships 1999
Saturday 8th May 1999 – Sunday 9th May 1999

	Runners	Laps	Time (hh.mm.ss)	Km	
RACE NOS →	1 Yiannis Kouros	628	24:00:0-	251.2	+29m
	7 Jerry Zukowski	446	23:57:07	178.4	+294m
	15 Michael Grayling	403	24:00:0-	161.2	+8m
	4 Peter Gray	378	23:55:26	151.2	+320m
	2 Cliff Young	368	23:57:52	147.2	+287m
	5 Andrew Lucas	364	22:14:36	145.6	+386m
	11 Victor Hessel	335	23:46:05	134.0	+400m
	12 Isak Ketsakidis	317	24:00:0-	126.8	+20m
	6 John Timms	284	23:59:16	113.6	+111m
	8 Phil Essam (first walker)	272	23:57:26	108.8	+232m
	14 Merv Lockyer	251	18:16:51	100.4	
	10 Shayne Walthers	152	09:00:0-	60.8	
	9 Tim Erickson	101	03:58:12	40.4	
	3 Helen Stanger	87	03:10:35	34.8	
	Teams				
	Young Guns	720	23:59:18	288.0	+214
	Coburg Harriers	717	23:59:37	286.8	+73
	Little Athletics	573	23:59:17	229.2	+160



52. Last year's winner, Helen Stanger and Tassie runner, Andrew Lucas. Helen was forced to withdraw through injury this year.



No.11, Victor Hessel, winner of the first Gordon Burrowes Endurance Award, in his first 24 hour event trails Phil Essam, walking the event this year.

"Almost a regular!"

Vic 24hr Track Championship

Coburg, Vic , 8-9 May 99

by Phil Essam

This year's 24 hr race at Coburg was to see my fifth start in a 24hr Ultra and in some ways I was more nervous than my first start over ten years ago when I pulled out after completing 50km. After the race last year and my minor success at smaller walking events in Adelaide I decided that I was a better walker than runner and this race was to be my first walking 24hr.

My training had been consistent during the year. Not a great deal of mileage but I was averaging about 80km a week and had some more morale boosting placings in local walking events. The aim for the race was to walk 100 miles and we had it planned to walk the same speed all the way!

This race was also to be the first one that my six year old daughter was going to be present for the whole journey. "Now Laura. If you see Daddy hurting during the race don't worry I will get better". Get the picture! We were hoping that she would be able to sign up as part of the Coburg Little athletics team for the relay which would provide her with some distraction for the period!

After the usual expenses spent on the Essam Car, the trip over to Melbourne was very uneventful except for the high number of roadblocks, oops I mean roadworks between Adelaide and Melbourne. I was beginning to think that the roadworks were set up to deter Adelaide football fans from making the trip across to Melbourne. A friend of mine, Joe Wassenberg was also to make the trip over to assist with crewing for the weekend. Joe was the guy who put up the prizes for the 12 hr race that I put on last year.

We arrived in Melbourne on Thursday afternoon and after having our usual discussion on the merits of Melways as an atlas of any repute we eventually found our way to the Erickson family in Pascoe Vale who were going to be our great hosts for the next four days. Tim has been a great source of information and help for me since my switch to racewalking and was more than happy to impart more knowledge during the next four days.

Friday was relatively quiet as we set the tent up at the track and did some last minute shopping at the local shopping centre. It was good to see that the field had grown to fourteen which included a couple of fresh faces and the usual diehards of the sport. We got back to the Erickson's on Friday afternoon and Merv Lockyer had arrived for the weekend. I had been in the same race as Merv a couple of years ago. He didn't remember me, but we were soon getting on. Merv was also more than willing to share his wealth of knowledge with the young student.

Saturday morning dawned and I was soon at the track catching up with my fellow competitors. The field included: Yiannis Kouros - the story going around the track was that he was only doing 12 hours, Helen Stanger - publicly made her intentions clear that she was only doing 100 miles, Cliff Young - who could beat Cliff's two thousand km warm up jog a couple of months previous, John Timms - has been rumoured that John would give the Dogs at Belmont Park a run for their money on a Saturday night, Peter Gray - who will still be running around every Ultra possible in another twenty years, Andrew Lucas - The Tassie Tiger or Terror! - Do you like that Andrew?, Michael Grayling - Top Victorian Ultra runner who was to display his love of certain nightwear in the small hours of the morning, Merv Lockyer - experienced Centurion and heart of gold, Tim Erickson - Racewalking legend - in this for a 40km run, Shayne Whalthers and Victor Hassell - Both in their first 24hr - Good to see new faces in the race, Phil Essam - First time Ultra walker , loves promoting the ultra sport and all round nice guy! Jerry Zukowski - Running at Coburg for first time - Very contented runner who loves running and has done 100 miles on the same day that Kouros broke the 300km and Isak Ketsakidis - Much read about him!

I also met up with an old friend in Bev Car before the race. Bev had recently had hip replacement surgery and was only just walking again. During the ensuing 24 hours whenever I was to think of Bev she would appear within the next five minutes. Wonderful lady - I would love it if we were to become Centurions on the same day

Laura was to meet up with her fellow Little Athletics relay team members before the start of the race and was very quickly made to feel at home. She was elected to run the first two laps of the race and was soon lined up at the starting line with the other two relay runners and the Ultra competitors.

The gun went off and we were soon on our way. I was followed around the first two laps by a determined Laura. The crowd, including my wife were trying to encourage her to go past me, but she wouldn't. What a good girl! I was walking well and ended up with 19 laps under my belt for the first hour. This was way ahead of my projected schedule - but was feeling good so kept it going.

The second and third hours went by and I had another 38 laps on the board. My crew seemed happy, I was happy and I was feeling good about the 100 miles. It was an overcast afternoon and just slightly on the chilly side. At least it was better than last year's weather.

The first withdrawal happened about 4.30pm when Helen Stangar withdrew with a hamstring injury. She was being very sensible in not pushing it and risking making it worse. Helen is a great Australian champion who always has a good word for everyone on the track. I hope I'm there to see her run some more good races in the next few years. What a pity the Adelaide 24hr isn't on a good track! She also has a great friend and crew member in Bill Hick(Chicken Legs - Belinda made me type that Bill!) who is a great character of the sport.

Nightfall was soon upon us and by then I had walked with most of the competitors in the field. One runner who was running a very sensible race was Victor Hassell from the ACT. It was his first 24hr and he was plodding along at a very comfortable 7kms an hour. I nicknamed him the "Phantom" after a while, as you would only know that he was there because of his shadow lurking in the background.

It was about eight o'clock that night when I paid the price for my excellent start and the wheels started to fall off. It was then that Belinda and I worked out that 100 miles was out of reach today and 100km was the next aim. I kept trudging on and the clock kept ticking. Andrew Lucas was in second place at this stage and waiting for Kouros's expected retirement at the 12 hour mark. As to be expected, Kouros was in the lead but it was nothing special and he looked a shadow of his former self compared with two years ago at Kensington.

By midnight I had 72.4km on the board and it was a new PB. I had walked 72km in a 12 hour period at the Prison two months early. Every step now was uncharted territory in my new walking career. It was at this point that I went in to see Michael in the Massage area. It was definitely a better experience than my break two years ago at Coburg. Great man with a Midas touch!

I was soon back on the track and plodding around. My slowest lap was ten minutes which was a definite improvement on a couple of years ago. Kouros was still running around which once again was going to leave the rest of the field to fight out the minor placings. Merv Lockyer was walking well and it was a great inspiration to see him walking so upright and at a constant pace. Jerry Zukowski was comfortably heading for his 100 miles, Cliff Young was shuffling along at his usual pace and Michael Grayling appeared in his pyjamas(which was an excellent idea to combat the cold of the night) .

I had my usual three -four lap surges during the night which was proof that I am slowly getting better at this Ultra business. By six o'clock in the morning I had ninety kilometres to my name and Merv Lockyer had brought up his hundred and headed home for bed. This gave me the motivation to keep going and get past Merv's 100! I was to eventually reach my 100 km by eight thirty in the morning and was over the moon.

The race was developing into a very interesting situation over the last few hours with twenty kilometres separating second to fifth. Jerry Zukowski was in second and Andrew Lucas, Michael Grayling, Cliff Young and Peter Gray weren't very behind him. I was probably guilty of throwing my support behind a couple of them over the last few hours. It was good fun and it gave me some reason to work harder for a while.

It was about ten o'clock in the morning when my Laverton e-mail friend, Brian Hamer arrived at the track and was to walk a couple of laps with me during the last couple of hours. Brian has ambitions to complete the Centurion target in the next couple of years. The clock continued to count down and it was with ten minutes to go that I went for another surge and completed another two and three quarter laps. The gun went off and I fell into the arms of my great crew, Belinda and Joe.

Once again I cried tears of joy and relief. I had completed 111.13km, which was 8kms further than my first run/walk Ultra two years previously. Good news for the future.

Yiannis Kouros ended up winning the race with 250km, Jerry Zukowski finished second with 170 plus kms and Michael Grayling ended up finishing third. Cliff Young also ran 151km which will probably be a new 75plus age group record. Definitely the inspiring run of the race!

The presentations were underway much quicker than last year. My daughter was called up to draw the raffle - she definitely left her influence on the Club. I ended up winning the walkers trophy for the event. I did win it by default with Mery going off after finishing his 100km, but it was still a great confidence booster. I guess I will have to pencil this event in once again next year as I will have to defend my trophy! All in all it was a great event. I hope Coburg can attract some more relay teams from outside the Club next year. Thanks to everyone, most of all my wife and my new Walking family(Tim, Merv and Bev), who continue to help and inspire me with my efforts. Now where's that Greek language dictionary!

Inaugural Westfield winner, Cliff Young once again wrote himself into the record books when he ran 151km plus at the Victorian 24hr Track championship at the Coburg Harriers track in Melbourne, Australia on May 8/9. It will hopefully be ratified as a new 75 plus 24 hour record and it was definitely the awe inspiring performance of the race.

The race was won by Yiannis Kouros who ran 250km approximately. He entered the race with the purpose of beating some of the smaller Record marks (12 hour - 100 miles) but compared with his fantastic performance at Adelaide in 97 he never looked on target to achieve anything outstanding during the course of the race. He left at the 17 hour mark with 200 kilometres to his name which was almost two hours outside his Adelaide record for 200km. He came back at 7 that morning and brought up another 50km before the bell rung at midday.

Last year's winner Helen Stangar entered the race with the intention of having a go at the Women's 100 mile record, but suffered a hamstring injury early in the race and sensibly withdrew by 4 o'clock on the Saturday afternoon.

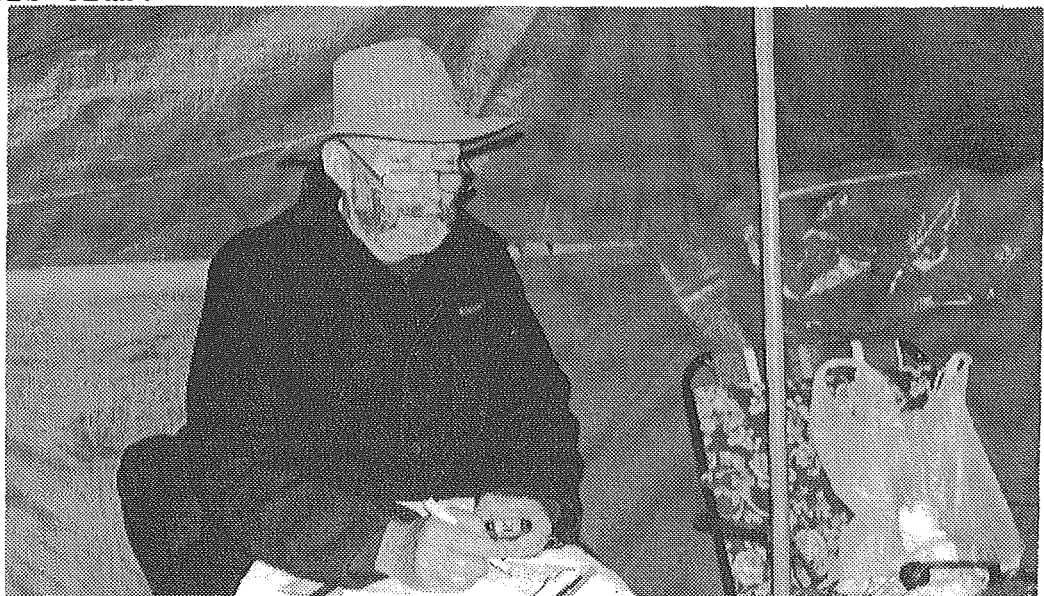
The minor placings were an interesting battle with less than twenty kilometres separating second to sixth place. Whyalla runner Jerry Zukowski finished second, followed by Michael Grayling, Peter Gray, Cliff Young and Andrew Lucas.

Two walkers lined up for the event. Centurion Merv Lockyer entered the race with the intention of completing a 100km training run. He completed that with relative ease by the 18 hour mark leaving first time racewalker, Phil Essam to go past him and complete 111.13km in his first Ultra Racewalk effort.

All in all it was a great race. Coburg Harriers should be congratulated. It was good to see some new faces in the field and it is hoped that they can start to attract some Relay teams for the event from outside the Club. Official results will be posted when confirmed by Coburg Harriers Club.

Phil Essam

Les Clark, who always turns up to help as many ultra runners as possible.
Thankx Les!
Is he asleep on the job ???



VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

It is worth looking at the history:-

In 1983 the first ever Sydney to Melbourne run began which was won by a potato farmer from The Outways, Cliff Young aged 63 who covered the 850+ KM in 5 days 15 hours and 4 minutes.

The 24 Hour run eventuated in 1984 from Dot Browne who organized a 24 hour race for Geoff Molloy, as he wanted to test himself before the Sydney to Melbourne ultra race. Thrown together in a hurry at the Box Hill track, Geoff set a new Australian record of 216KM, and then went on to win the Sydney to Melbourne race.

Margaret Smith achieves a women's record of 177KM

1985 saw a field of 30 runners line up and Geoff Molloy Breaks his own record with 232KM.

1986 and the race becomes an official trial for the Sydney to Melbourne ultra run (200KM to qualify) and 44 runners start. Brian Bloomer sets a new Australian Record of 242KM. Cynthia Cameron breaks the women's record with 191KM.

The race leaves Box Hill track and comes to Coburg in 1988. The Sydney to Melbourne race is enjoying huge publicity and popularity. The 24 hour run has over 70 entries.

1989 sees the now deceased Mike March break the Australian record with 260KM.

The end of the Sydney to Melbourne run in 1991 brings a decline in ultra running.

In 1993 only 8 runners take part and Dot Brown steps down as race director. Coburg Harriers Athletic Club take over.

In 1994 Gordon Burrowes devises Relay Teams of ten runners. Each runner of the team runs for 30 minutes passing the baton onto the next member of the team. This continues in sequence for the duration of the event. This means that each member will run 4 or 5 times over the 24 hours. The concept proved a huge success. 13 Ultra runners entering and 11 relay teams. Russian, Igor Streltsov was the winner of the 24 hour covering 221 KM. Yan Yean Road Runners won the relay event.

In 1995 Yiannis Kouros sets an Australian record of 282.9818 KM or 707 Laps in a field of 11 ultra runners.

The relay competition had 15 teams and was won by Yan Yean covering 380.89 KM or 952 laps. A little athletics team was amongst the entries, a team of 15 aged between 9 to 14 covering a distance of 647 laps.

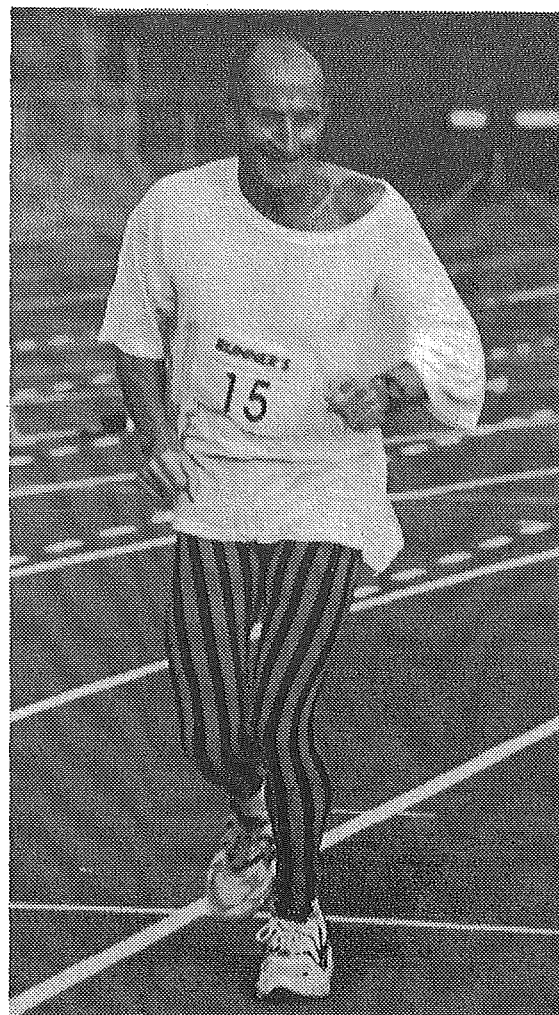
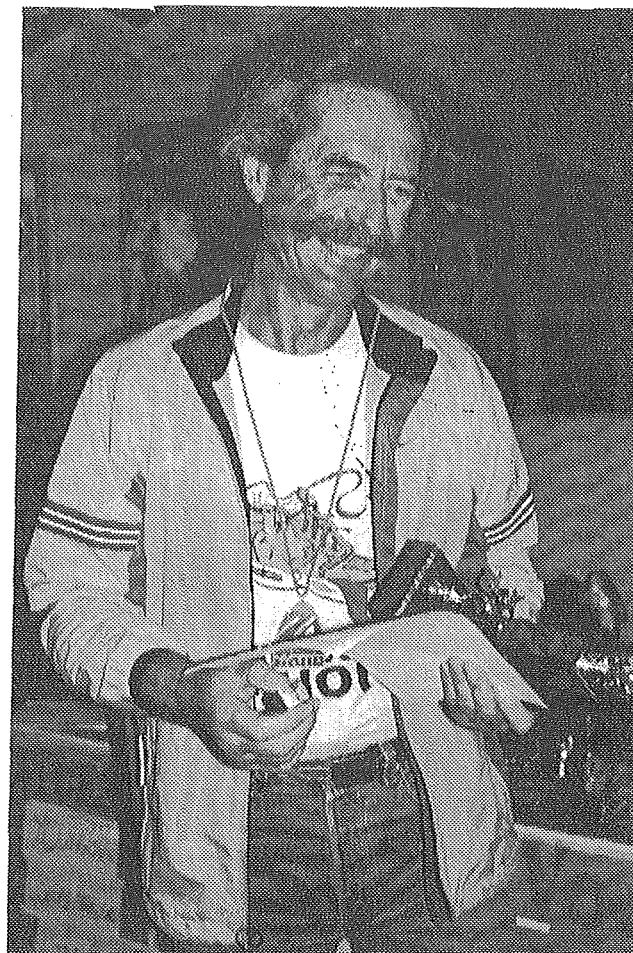
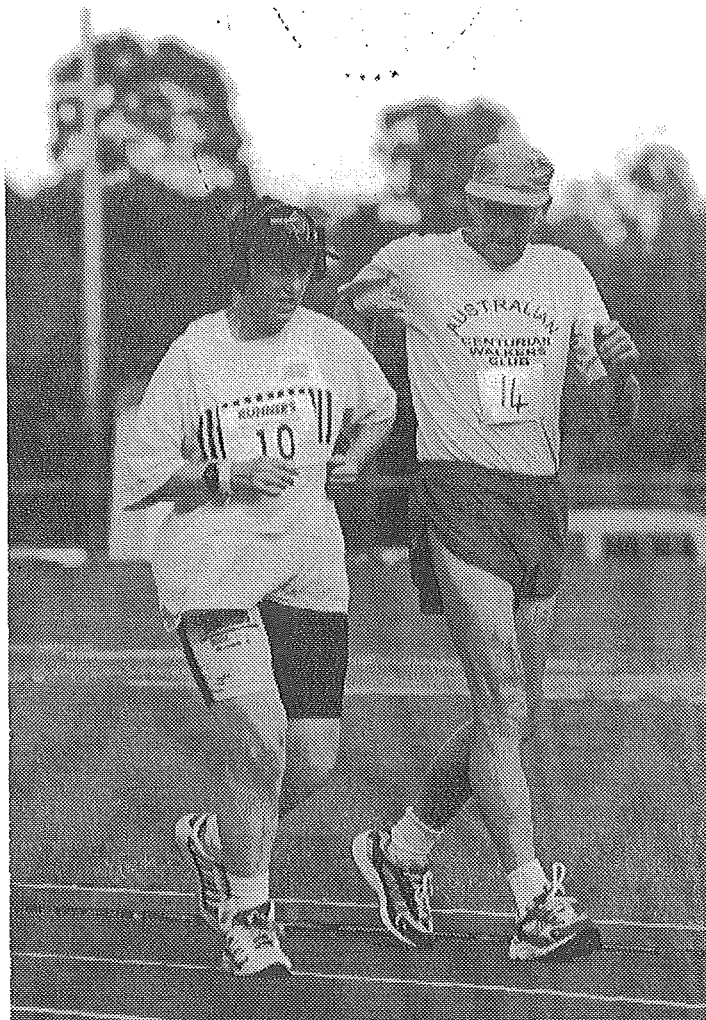
A field of 9 in 1996 saw Yiannis Kouros break his own world record and achieve a remarkable 294.504 KM despite running in strong wind and rain. Ten Relay teams competed with Yan Yean winning covering 384.4 KM. Carmella Carassi walks over 100 miles to become a centurion covering 162.541 KM.

The 1997 event went to Yiannis Kouros who, suffering injury, achieved a distance of 266.18 KM. A Field of 16 Ultra Runners competed, with Carmella Carassi breaking her own record, setting a distance of 166.6002 KM or 416 laps. 9 relay teams competed and Traralgon Harriers achieve an impressive 386.49 KM or 966 laps, which is still the course record.

1998 was the year that Helen Stanger, shattered three of her old Australian Records with 150km - 15hr.01min, 200km - 20hr.56min and finishing with 228.680km for the 24 hours. Andrew Lucas suffering burnt feet in a house fire, records 168.405km. Shirley Young breaks the 100 miles as she approaches her 70th birthday with 162.330km. Cliff Young is the inaugural recipient of the "Gordon Burrowes Endurance Award".

Note: The current world record of 303.506 KM is set by Yiannis Kouros during 4th/5th of October 1997 at Kensington Olympic Sports Field in Adelaide, Australia.





Top left: Shayne Walthers (No.10) in her first ultra; objective 8 hours, ran for 9 hours. No.14 is Merv Lockyer, walker from Red Cliffs, Vic. Top right: Jerry Zukowski, our very generous AURA member and 2nd placegetter, Well done Jerry!. Bottom left: Two mates, Cliffy and John Timms. Bottom right: Michael Grayling, 3rd placegetter.

Shoalhaven Ultra 46K

The Executive Summary-

Sean Greenhill

Probably my best long distance race in terms of performance. Also my most physically demanding and debilitating (partly because, I think, I'm now experienced enough, and becoming a strong enough runner, to be able to really draw out all my reserves in a race. Pity it leaves nothing left). The first two thirds contained the most beautiful terrain I've ever run in. Long Winded Version- I'd only decided to do the Shoalhaven Ultramarathon a few weeks back, when I couldn't get leave from work to run the Gold Coast Marathon yet wanted a long race in about that timeframe. My application was mailed off on the last possible day and I knew very little about the race- just that it started in Cambewarra (a town just outside Nowra) and followed 46K of road and fire trail to Kangaroo Valley. On the morning of the race, just 18 runners lined up for the big run (a shorter, 32K race, the King Of The Mountain (KOM), started an hour later at 9am). Darryl Chrisp was there, professing that he hadn't done a training run over 15K in months and "gee, I might come last today!" In addition, I felt highly privileged to meet Kelvin Marshall for the first time before the race, fast becoming a legend in Australian distance running circles while still in his 30s. The first few kilometres are through the quiet roads of Cambewarra, past some spacious properties on asphalt road. My legs felt really "blah" and yet to wake up. I found myself being left well behind by almost everyone (two people really coasted slowly behind me). Ahead of me, a guy with long blonde hair slowly vanished into the distance. I tried to pick up the pace and run him down a few times but the legs still wouldn't respond. I told myself to just hold at my own pace (again, I didn't pay much attention to my watch) and see what worked out. After a few kilometres the road started dipping and climbing steeply. I found that at the 10K mark (or so) my legs had loosened up and I began to run hard, caught the guy in front and left him behind. I never saw him again. I was surprised how good the legs now felt on the climbs, taking short fast steps up the slopes of some very steep demanding terrain, still on the road. Gradually the road changed from asphalt to gravel, then to hard packed dirt and rock. The course plunged into the bush, still rolling steeply. However, I felt good enough at the 11K aid station to ask how far ahead the next runner was. About 5 minutes, I was told. I suppose, because of the similar distance and nature of the race, Shoalhaven will always be compared to Six Foot Track. The latter is still more gruelling because of the more technical nature of the running surface, and has a pair of relentless climbs that take several kilometres and reduce you to a shuffling walk. The final descent is cruel. At Shoalhaven the climbs are also very steep, but not as relentless. The rolling nature of the course means there are enough downs and flat parts to ensure you run all the way, the effects of which would be quite evident in my legs later on. At the 19K mark, well up the escarpment, I glanced over to my left and saw thick sub tropical forest leading down the slope to the Shoalhaven River, then arcing up the slope on the other side and away to the hazy horizon. It was such a beautiful sight that I held my arms out like aeroplane wings and shouted out loud, "woo- hoo! This is terrific!" At the 22K station where the Ultra and KOM courses diverge, I was told that the next guy was now fifteen or twenty minutes ahead. Shrugging my shoulders I left the road and followed a fire trail right up and over the escarpment in total solitude. I set a fast pace and still ran the uphill. After an eternity of being alone, I emerged on an asphalt road at the 30K aid station. My legs were tightening up now but I was still running hard. "How far ahead's the next guy, fellas?" "Four minutes." "Are you serious?" "Yeah, he just left." I swung onto the road and ran hard for a few minutes, then my pace slipped off and I walked a couple of times. At 35K I looked back and was horrified to see a figure advancing on me. Facing ahead, at the same moment I saw a flash of white- the guy ahead. I took off like a hare, breath rasping as I ran scared from the guy behind and tried to chase down the one in front. On a long downhill which I ran fast, my right quad began to tighten up. I caught the runner ahead, an American, right after that, but couldn't drop him. Then the guy behind overtook us both and took off. The American and I switched the lead until 38K when my right quad cramped horribly and reduced me to shuffling impotence. No choice now but to walk in extreme pain. After 15 minutes I passed the 39K marker, and my watch indicated a time so far of 4.37. I'd thought about sub 5 hours when running hard earlier, a time I'd not contemplated before the race, but now I thought about it again. Could I run 3K in 23 minutes like this? My mind said yes, my body no. Breaking into a shuffling stride, the cramp subsided somewhat. Sweat ran into my eyes but I didn't mind that pain as long as I was going forward. By the time I reached Kangaroo Valley for the last K I was going hard again, overtook a KOM runner, and hauled myself into the finish in 4.57.50. I couldn't believe it. I couldn't believe the stiffness and pain that overtook my right leg almost immediately either. I caught up with Darryl before he left (he definitely didn't come last), then slumped on the grass, utterly drained and debilitated from the days effort, especially the last 11K. When I got home, I climbed the two flights of stairs to my apartment dragging my right leg stiffly behind as though it were paralysed- the quad was (is) horribly stiff and sore. The rest of me feels totally drained, but happy at my ability to draw such an effort from myself and run a fast(ish) time. I consider it a better run than either the Canberra 50K this year or last year's unexpectedly fast (5.44) Six Foot Track. And now I'm strong enough physically and mentally to run down other competitors. But, geez, I'll

look strange walking round the office for the next few days. For the record, multiple Brindabella winner Trevor Jacobs won this race, followed by defending champ Peter Goonpan, and then Kelvin Marshall. I don't know if I'll be back next year, but, until you hit the last 16K of gravel road (ugh) there is hardly a more pleasant venue to run in. Bring your own special drinks for the aid stations unless you want to drink water, and carry some fluids also- the aid stations are a long way apart. It's just you and nature most of the way.

Sean Greenhill Sydney, Australia

<bigmig@tig.com.au>

"I run distance because I want to be in good shape when I die." - Unknown

Shoalhaven Ultra 46K

by **Darryl Chrisp**

I cannot add much more than Sean has described except the following: As usual my preparation was almost non-existent. I am comfortable running the first 25-30 km but then it gets to be a real struggle. The bitumen for the last 16 km really became my test of strength and was close to the hardest thing I have done. I had severe pains in every joint of both legs and was passed by two other ultra-runners and about a dozen or more King of the Mountain runners. I spent almost five minutes at the 40km aid station. I think that one real problem was that there was no drink station (for water) between the 30 km mark and the 40 km mark and this was all bitumen. long straights of undulating bitumen. It was not too hot but running at that time of day with nothing else to occupy your mind but the pain was terribly difficult for me. At one stage, I could see the next four ultra-runners in front but they were all pulling away from me. I would have to say that I enjoy the Royal National Park Ultra 50 or the Six-Foot Track to this run because of the bitumen. I cannot say whether I will be back but the good memories will probably overtake any negative thoughts over the next few months. I managed a finish time of 3:58:51 so should not be unhappy. cheers, -
darryl chrisp

Some more trivia.....

Peter Parcells brother, Ashley Parcell from Queensland, set a then Australian record for 24 hours of 234km in 1985, a 2km improvement on the mark held by 1984 Westfield winner, Geoff Molloy. In February 1986, Ashley Parcell took on Brian Bloomer in the Westfield Trial at the Box Hill Athletic Track in Melbourne [this was my first 24 hour race]. Ashley led for about 8 hours before fading and eventually pulling out in the 13th hour while Brian went on to win with another new record of 242km. Ashley was never seen again on the ultra scene while Brian went on to record many memorable performances to establish himself as one of Australia's best. This 24 hour event also saw the emergence of Cynthia Herbert [nee Cameron] who became Australia's premier female ultra runner for many years

Double Comrades >

When I logged on tonight, apart from Maurice Greene's new 100 Metre World Record, I found, when browsing amongst the results of the 90K Comrades Marathon, the story of two guys who set out to run a "Double Comrades" to raise funds for cancer research. They started the night before and ran from the official finish to the start, then turned around and ran back with the main field. Paul Selby finished 13 minutes before the official 11 hour cutoff for the "return trip". Awesome stuff. Have a look at <www.runner.co.za> for the story. Challenge runs, such as just setting out to run between two distant points on a map, or doing double races, are a great concept in my mind. That kind of mentality saw some of the great races like the Hawaii Ironman and Western States Hundred Mile start. Real testing of one's limits.
Sean Greenhill Sydney, Australia

"CASSIDY, Kevin" wrote: Doing doubles is not all that uncommon. At the Cradle mountain run in Tassie, Jeanette Collins [a local] has often travelled the course in reverse on the previous day. Some years ago at the Wasatch 100 miler in Utah, Dana Miller was looking for a different challenge after having won the event on several occasions, Dana did exactly as the two guys in their "Double Comrades" and still managed to finish well to the front in the official race. Back in the 80s, when the Melbourne Marathon was a point to point course from Frankston to Melbourne, Gordon Burrowes had the idea of a group of ultrarunners gaining some publicity for AURA by starting in Melbourne at 2 or 3 am and running down to the marathon start to join the event, however this never got off the ground.

Double Comrades

Peter Parcell tried it in the 84 Westfield. Ran down to the start the week before and got 150km back up the road before his legs gave way!

Dell runs into new role

Dell Grant's story is one of incredible determination and achievement



LEGEND: Ultra marathon runner Ron Grant with wife Dell show the book 'With Wings Like Eagles', written by Dell featuring the cover by renowned artist Tom McAulay.

RUNNING to keep fit as part of the Ron and Dell Grant partnership, Dell had no idea she would soon find herself unable to do the things she wanted.

"I remember at the time thinking how good it was to be alive," she said.

Soon after, Dell, 45, discovered running was becoming a chore; she was breathless and her limbs were swelling.

"I went to the doctor, who did blood tests and discovered that I had this incurable disease — scleroderma — which is an auto immune disease," she said.

"It's hereditary and some people have died within six months," she said.

Dell plunged into depression, which was to last for a good six months.

"It was like a black hole I fell into, but eventually I realised that life was for living and that I had to have some purpose in life," she said.

"Probably what bothered me was that I had lived right,

eaten right and exercised all ways and yet this happens."

And that's when Dell decided to write the book — a gargantuan task — about her famous long distance runner husband, Ron.

With Wings Like Eagles was launched last Friday.

The book chronicles Ron's life, his achievements and his struggles.

Ron is in the Guinness Book of Records for his Around Australia run of 1983. And then there are his gruelling runs across the unforgiving Simpson Desert, which inspired this nation and the rest of the world.

But the book also tells another story — maybe not in the black and white print but between the lines — of a woman whose courage has produced this chronicle.

It is a monumental acknowledgement of Dell's tenacity and determination to bring this book to fruition.

"I remember saying to my-

self that I am going to do it — I am going to finish this book," she said. "Who else would be able to do it, I thought, and being married to him, I had the victim cornered so to speak."

Dell and Ron, now 56, have a property at Nanango where the pace is a little slower than Caboolture. They also have the Bellmere Convenience store.

Dell had started to notice that as time marched on, some of Ron's friends who used to run with him were suffering from heart attacks and they wouldn't be around to tell about the earlier days soon.

"I became a person obsessed," she said. "Discipline was not a problem — I could sit for hours at a time, punching away at the story and I could interview Ron whenever I liked, which was another advantage," she said.

Dell now takes each day as it comes. She walks each day with her friends and walks to work every day. She can't ride a bike nor run anymore, nor

swim. "You realise from something like this what is important and what isn't," she said.

The book was published by Bruce Cook of Deception Bay and has a painting by Brisbane artist Tom McAulay on the front, showing a determined Ron forging his way through the blazing red heat of the Simpson, the rippling waves of heat rolling up behind him.

Ron inspired and captivated a nation, but he always understood the fleeting importance and pleasure of fame.

He sees it all another way. "This book tells a story to me of incredible courage and is a tribute in my opinion to my wife, Dell," he said.

"She's talked to my friends, my family and to me and she's the last person who would seek credit for it, but what an incredible job and memory for events she has."

The book is available from Caboolture News newsagency and Bellmere Convenience store and sells for \$21.95.

Ron Grant's life story

“With Wings Like Eagles”

is now available.

\$3 discount offered with your annual subscription to the

“Weekend Warrior”

Ron Grant's remarkable feats of endurance along highways and across deserts inspired a nation. The “adventure runner” demonstrated that success in any field of endeavour required strict discipline, fierce desire, belief in oneself - backed up with assertive action.

His hungry curiosity and an aspiration to classify a record of experiences to some sort of order permits the reader to enter his mind, to achieve an insight into his thoughts and feelings, into the banter, the anecdotes. Grant's autobiography will be read with pleasure and profit.

Tony Rafferty

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Are women better than men at ultras?



Ultramarathon World

By Andy Milroy
Ultramarathon World

 **Trowbridge, England (UW)** - Ultrarunning in recent years has seen women winning races outright on a number of occasions. This phenomenon however seems to be restricted to the Ultras; at 10km and the marathon men reign supreme. This prompted me to attempt an analysis of the possible reasons for the female success.

This phenomenon is not just a statistical artifact. Researchers at Wits University in South Africa have recently undertaken a study that supports the idea that women are unusually successful in ultras. In the Wits study, a group of 20 experienced runners (10 female and 10 male) were compared. The men were (on average) faster over 10km, 21km and even, by three minutes, over the marathon. However, when the male and female performances in the 55.9 mile/90km Comrades marathon were compared, on average, the women finished 53 minutes ahead of men who could beat them over 10km.

This is not a new development. As early as 1971 Natalie Cullimore amazed the then totally male-dominated ultra world by clocking 16:11:00 for 100 miles, finishing second in the race, and producing the fourth best performance ever by an American, male or female. This performance, allied to the perception that many elite women runners still looked fresh at the finish of marathons and ultramarathons prompted Dr. Joan Ulliyot and Dr. Ernst van Aaken to suggest that women were innately better suited to running long distance than men.

The theory was that women were better at metabolising fat than men, after their glycogen stores were depleted, and moreover, they also carried greater fat stores than men. In other words, women had a bigger engine and a better fuel tank than men. However in 1979 David Costill showed that in fact women's ability to metabolise fat was actually inferior to men's. Other studies have shown that women's greater fat stores can count against them. On average women are fatter with less total muscle mass than men of equal body mass.

Longer races

When women win ultra race, those races usually range of 12 hours to 6 Days, with the 24 Hour event being the main focus. Thus it is the more extended endurance events, those not dominated by sheer speed, in which women excel vis-a-vis men. Yet, if one looks at the world best for these events, the difference between men and women is generally greater than the nine to eleven per cent which is the norm for events from the sprints to the marathon. [This greater difference is probably due to the fact that women have only been running such events competitively for some twenty years.]

Thus for women to win these ultra events, their elite male opposition have to produce sub-standard performances. In other words, in these events women are better competitively than their male opposition. Why?

One key to the success of women is their better tactics - they pace their races better. Dr Karl Lennartz has commented that in ultra races most male runners start too fast. Women generally run their races differently - in the 100km, for instance, the difference in pace

between the first and last ten km is minimal. There are even female ultrarunners who run faster during the second half of the race. Intellectually, male runners know that even pace is the best strategy, so why don't they use it?

Older runners

The answer can perhaps be found by looking at the 24 hour race worldwide. In recent years among the most successful performers at events of 24 hours and further, have been men over forty, and even over fifty. Why should such older male runners be so successful, beating younger men, who in physical tests would almost certainly be faster and stronger? Perhaps the question we should be asking is, what have such older runner have in common with female ultrarunners?

The answer possibly is, that compared with the younger male ultrarunners they have lower levels of the male sex hormone, testosterone. The higher testosterone levels in the younger male ultrarunners makes for more aggressive, more competitive behaviour - just about the most counter-productive attitude in a long ultra. Perhaps it is much easier for women and older men to start an ultra race at a sensible pace - they don't have chemicals in their blood forcing the pace.

Women's hormones apparently seem to work in their favour in Ultrarunning. The female sex hormone oestrogen, is also an antioxidant that protects the body from the natural by-product of any metabolic process, oxygen-free radicals, which are released in large quantities during exercise. These are very destructive, attacking cell membranes, including those in muscles. Anti-oxidants, such as oestrogen and vitamins A, C or E act as antidotes to such free radicals. Oestrogen thus helps to prevent the destruction of the muscle cell, and thus helps prevent a decrease in muscle power. [If damaged, the muscle would no longer be able to contract and work as it should.]

Extra protection

In a prolonged race oxygen-free radicals cause progressive damage to muscle membranes, causing loss of speed due to poorer muscle contraction and, of course, pain. Women runners have some protection from this process through their natural sex hormone, oestrogen, and are therefore more able to maintain their pace during an extended endurance event. The suggestion has been made that oestrogen also helps fat burning, thus preserving glycogen supplies, but this would seem to be in conflict with Costill's work.

Sex hormones and their differing effects is one strand, but I suspect that women have other advantages as well. Van Aaken and Ulliot's idea of better fat metabolism and greater fat reserves is worth looking at again. Women may not be able to use their fat more efficiently than men, but in long races of 6 days and longer, their relatively greater stores would seem to give them a built in advantage.

In 1991 Hilary Walker ran from Lhasa (Tibet) to Kathmandu (Nepal) in the Himalayas, 590 miles/950km in 14 days 9 hours 36 minutes. The run was made at an average altitude of 4,200 metres/13,780 feet. Due to the altitude she had little appetite. In the course of the run she lost 14 pounds/ 6 ½ kilograms in weight out of a total body weight of 112 pounds/51 kilograms - 12 ½ per cent of her total body weight. Much of this was subcutaneous fat, but there was some muscle loss as well. It is interesting to speculate whether a man, with a lower proportion of body fat, and thus proportionally lower fat reserves, could have run the distance and in such a time with a similar low food intake.

Better insulation

The larger reserves of subcutaneous fat that women possess have a further advantage - it gives them better insulation. The longer the ultra the greater the likelihood that there will be big variations in temperature and climate generally. Women are better protected against

such variations than men. A classic example of this was in the Blackpool 48 Hour race held in November 1988. A field of top British male 24 hour and 48 hour performers faced a group of top women ultra runners. On the first night the temperature dropped to -2 degrees C, on the second night to 0 degrees C. [It is probably no coincidence that James Zarei, probably the male with the least amount of subcutaneous fat, who is very susceptible to the cold, was the first to retire within the first 10 hours.] In that race, women finished 1st, 3rd, 6th and 7th. The leading woman, Hilary Walker, ran 227 miles/366.5km for a new 48 Hour best performance. *

Cold is just one of a host of variables that may have to be faced in the course of a long ultra. Heat is another problem. It is possible that women, being generally smaller and especially having a lower total muscle mass generate less body heat and are therefore able to dissipate this heat more effectively.

Although speed, strength and running endurance are still important factors, another major asset is the ability to handle prolonged stress, both physical and mental. Many studies have shown that women cope better with stress than men.. [Classic extreme examples of this are the Donner Wagon Train in the nineteenth century, and the Siege of Leningrad in the last war.] Possibly this ability comes in part from the female's need to cope with the prolonged stress of childbirth. In past centuries women unable to cope with such stress would not have survived, nor in all probability would their offspring. Thus evolution over countless generations has discriminated in favour of stress-resistant women.

Interestingly in another long distance sport, where fat insulation could be an important factor, women are also very competitive with men. The current records for swimming both the Irish Channel and Loch Ness are held by women.

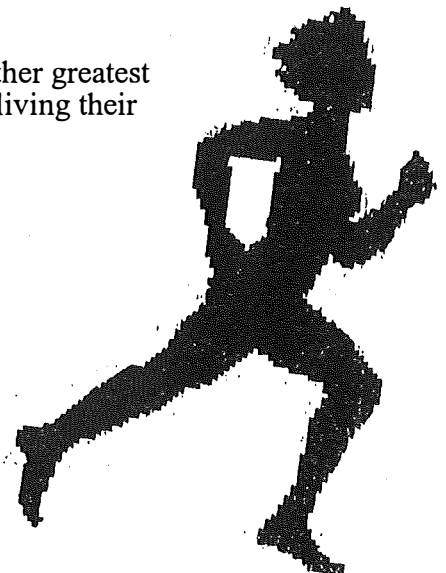
Handling stress

Studies of mental and psychological stress have also shown that women cope better than men. In my experience in long ultras of 100km upwards men are more likely to quit if things go wrong or conditions get difficult, whereas women keep going. A recent conference on Gender and Pain organised by the National Institutes of Health was told by a researcher from Ohio University, who studied arthritis sufferers, that after a day of pain men would be in a very bad mood while women would be more positive. Men have been taught from an early age simply to endure pain in silence, whereas women cope through venting emotions or seeking support from others. This behaviour was learnt in childhood.. Boys who scraped a knee were told not to cry while girls were allowed to cry and seek comfort from parents.

Having hopefully made a case that women's success in Ultrarunning is due to better tactics, better insulation and a greater ability to deal with prolonged stress, there is also another reason why women win ultras outright. Often the women runner is the class athlete in the race, she is not opposed by a male runner of equivalent ability. Eleanor Robinson, Ann Trason, Hilary Walker, Sandra Barwick and Marianne Savage have all won ultra races outright. All of them at one time or another have set women's world bests.

Men depressed by finishing second to the fair sex should be philosophical. In their greatest ultra of them all - Life - women consistently achieve greater performances, outliving their male peers. Basically they may just be tougher! (*Ultramarathon World*: <http://fox.nstn.ca/~dblaikie>) (15ap98)

* * *



TRAINING FOR THE 100 MILE WALK

Race Walking began as an ultra-long distance sport in the eighteenth and nineteenth centuries and still maintains a great following in Europe. Easily the most famous event in the world was the Paris to Strasbourg walk (320 mile 3 day event) which has now become the Paris to Colmar (close to Strasbourg). This event is over a distance of 520km and is generally won in around the 60 hour mark. Other events are the Roubiax (France) 28 hour walk in which many European countries enter teams, the Lugano (Italy) 100 km and the London-to-Brighton (53 mile) event. On top of this, most countries have an active Centurion Club which offers life-long membership for all sub-24 hour 100 mile finishers.

Here in Australia, we also support the concept of ultra-distance walking and are pleased to provide these notes about training for the basic mainstay of the sport, namely the 100 mile event. In Australia, such Centurion events are generally held on a 400m track and are run under the auspices of the various State Race Walking Associations.

There is no such thing as a set rule for these events. People as young as 16 and as old as 62 have finished the 100 mile races held previously in Australia. Some have been in the prime of their walking careers while others have been non-race walkers but had a desire to succeed and the individual fortitude necessary to 'bash it out'.

If you are thinking of entering such an event, then you need some serious planning and a total commitment if you are to succeed. These notes are meant to provide some basic ideas on which you can build. Read on...

When one talks of preparing for these endurance events, it is really a question of consistent daily training, previous experience, common sense and guts. From a time and distance standpoint, training is similar to that of a 50 km walker but the long distance walker must work on the elements unique to that sport

- Judge the pace in the opening hours.
- Keep the action going through the inevitable bad spots.
- Prevent the pace from dropping drastically in inclement weather and the unbelievably tiring later stages.
- Eating and drinking play a large part in success in endurance events and can quickly bring you through the bad stretches that inevitably hit you. In races of 24 hours or less, it is better to stick to highly digestible foods - tinned fruit, high energy drinks, barley sugar, etc. However, everyone has their own favourite recipe be it Coca Cola or rice pudding or porridge (yes, seriously, I remember someone who used to have it during a 50 km event). Warm tea is helpful on warm days and soft drinks should never be taken too cold. In races of more than 24 hours, more substantial food is needed in addition to the above. Omelettes, warm soup (with bread mixed in) and roast chicken are all used successfully in Europe. Obviously that is one you must work out for yourself through practice.
- Particular care must be taken to use vaseline very liberally (for obvious reasons). Spare clothes and shoes (but never brand new ones) should always be available, as well as foul-weather gear, even if the day seems promising when the race starts.

All in all, the ultra-long distance aspirant must

- be a good judge of pace
- not get panicked
- be able to take a hard jolt and come out of it
- never seriously consider even the thought of retirement.

Some thoughts on type of training

As mentioned above, training is similar to that of a 50 km walker. However, there is one basis

training session that must be added to your regime. You will need to include one long walk each week or each fortnight (depending on your situation). During this long walk, the emphasis is not on speed or even on distance covered but on time spent on the feet. Try a session of some 5 or more hours and walk at the pace at which you intend to start out in the 100 miler. Take some money with you and stop and buy some refreshments and take regular breaks (as you will do in the 100 miler). The aim is to prepare both physically and psychologically for the event.

Hints for the actual race

- Make sure that you take precautions against blisters - tape feet/toes if necessary, etc. Experiment in this matter beforehand.
- Have your initial pace worked out so that you are not heading off to fast.
- Do not forgo your race plan in the early stages when you feel good and want to speed up.
- Have your stops well planned in advance and take them even if you still feel ok.
- Feed regularly - when you feel the need for nourishment, it is generally too late already.
- Have changes of shoes, clothes, wet weather gear, whatever medical gear you might need, plenty of vaseline or equivalent, etc.
- Have someone experienced looking after you and making sure that you adhere to your plan. That person should be able to calculate what breaks to take, how much time remains, etc. You might not be in a fit state to make these sorts of decisions for yourself.
- Come into the race with the conviction that you will finish.

Here are some specific questions and associated answers:

What sort of background should you have before doing this sort of event?

Most of the walkers who have done it well have come from a background of walking and have done at least one 50 km race. I feel that this is important as a race such as a 50 km prepares one mentally for the tiredness that will be experienced in a 100 miler. If you wish to walk a 50 km race, you have to do some consistent regular training that includes a weekly long walk (in the region of 3-4 hours). With such a preparation behind you, you are well on the way to completing a 100 miler. All you have to do is add a couple of very long walks (nice slow pace and make a day of it). These would be well spaced apart and would not be in the last month before the actual event as you do not want to come into it tired and with possible injuries. I personally recommend to people that they need to have done one or two walks of at least 8 hours to really prepare the body for the event. When I was in England years ago and talked to the old English walkers who did well in the London to Brighton and back, they talked of the sort of training preparation that they did - walk from London to Brighton on the Saturday and walk back from Brighton to London on the Sunday. Now I do not recommend such a vigorous weekend but the principle still holds - you must prepare your body with at least 1 or 2 very long sessions at some stage or you will suffer a lot during the 100 miler. For every rule, there are exceptions and we have had some people who have done it without such a preparation. Bill Dyer did it at 16 years of age with no distance preparation at all (and suffered no aftereffects). But these are exceptions to the rule.

What sort of weekly mileage is needed to succeed at the 100 mile distance?

How many miles per week? Now I would suggest that to walk a good 50 km, you need to do in the order of 70+ miles per week with the occasional bigger week. The same sort of training load will get you a decent attempt at a 100 miler provided you do the occasional long slow stroll. You do not have to do huge mileage - in fact if you did, you might injure yourself and miss out. I got through on this sort of mileage and, sure it hurt, but it is going to hurt regardless of how much you did. This is the sort of mileage that most of our centurions have done in preparation.

Should you take regular breaks or try to walk it with a minimum of stops?

Most of our Centurions have done it with a minimum of breaks. Those who took big breaks generally did not finish (perhaps this is coincidence but perhaps not). Most took very few breaks up till at least 50 miles and generally only stopped for a couple of minutes to change shoes or have a quick rubdown or just sit down for a drink for a little bit. As you go on into the second

half, you sometimes have to stop as you are just physically wrecked but it is best to keep the stops short and keep on the move. This takes a big physical effort but seems to be how most do it.

How fast do you need to be?

If you walk 5:30 for 50 km, you have lots in reserve. At that pace, you would complete the first 50 miles in about 9:20. So you could go conservatively and still do about 10:30 to 11:00 and have plenty up your sleeve for the second half when you are going to inevitably slow down a bit. Our first woman to do it, Carmela Carrassi, is only a 6:30 50 Km walker at best but she still finished in under 24 hours.

Why do people stop?

Now that's an interesting one. Generally it is because they are not sufficiently strong mentally. Once it really starts to hurt, they pack it in. Yet I have seen others walk on through such anguish and they finish. So the big difference is mental preparation and mental toughness. You have to just shut out the tiredness and soldier on.

*Tim Erickson (terick@melbpc.org.au)
Secretary, Australian Centurion Club
Melbourne, Australia*

Australian 50 Mile Track Championship held at Newport Athletics Track, Williamstown, Vic on 23rd May, 1999 in collaboration with the Sri Chinmoy Festival

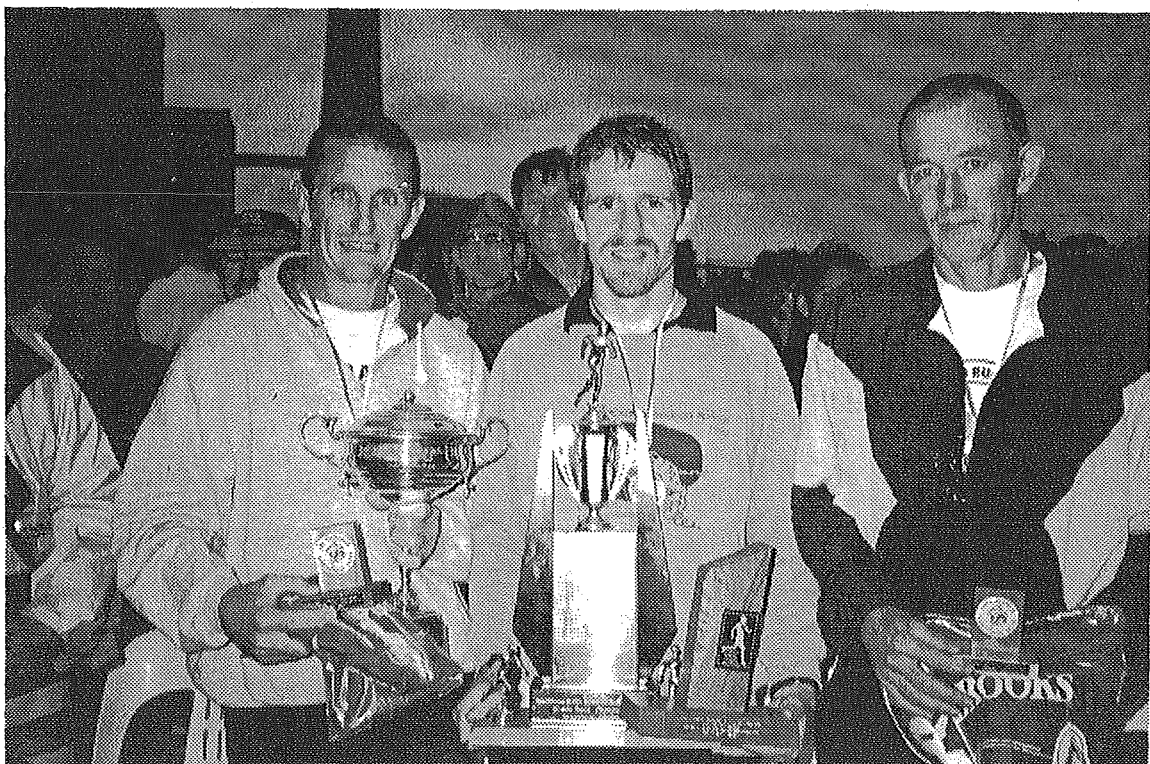
Left to Right::

Greg Love, 2nd place in a time of 6:22:27

Nigel Aylott, winner of the event in 6:04:26

Max Carson, 3rd placegetter in 7:11:55

Congratulations to all three!





My Most Unforgettable Ultramarathon

(And What I Learned From It)

BY HELEN KLEIN

WASATCH MOUNTAINS, UTAH, September 9–10, 1989—Due to circumstances somewhat beyond my control, I came to running late in life. As a consequence, perhaps, I have an intense appreciation of the benefits and blessings of running that might elude some people who have been running most of their lives. I began running because of a challenge and have stayed active all these years because the challenge seems always to renew itself in interesting and wonderful ways.

Allow me to backtrack a little:

In 1978, at the age of 55, I was living with my husband in Hopkinsville, Kentucky. That year, a friend challenged us to prepare for and compete in a 10-mile race. At that time, such a thing was totally out of context for a mature woman of the south. Indeed, very

Ultra amazing Helen Klein—on her way to an age group world record of 109.5 miles set in March 1991—is airborne in the Redwood Empire 24-Hour.



few Kentucky women ran, and even fewer competed. This was true even of young women, and here I was, old enough to be a grandmother!

But I guess Norman and I were feeling feisty. We accepted our friends' challenge, trained for 10 weeks, entered the race, ran together—and finished dead last. Looking back on it, we were pretty naive. The sag wagon followed us through the race; the sag wagon was the town ambulance.

That was my first race and, remarkably, I won the women's masters division—because I had literally no competition. The only other women running were three members of Hopkinsville's high school cross-country team. So, in my first race, I finished first *and* last, a feat I've never been able to repeat.

In spite of finishing last, I felt a great sense of accomplishment just to have finished at all. Naturally, I entered more and longer races as soon as I could.

ON TO THE MARATHON

Just 16 months after that 10-mile race, I went down to Miami to run my first marathon. Here I encountered my first age-group competition, and I managed to win my age division. I entered more marathons and was thoroughly enjoying my new-found physicality.

In the spring of 1981, Norman and I traveled to Washington state. Norman, who wanted to run increasingly longer and longer races, had entered the Skagit Valley 50-miler. On my side of it, I had come up with the goal of running at least one marathon in each of the United States. My plan was to start the 50-miler but stop after the marathon distance. This way I could cut another notch in my marathon belt and not have to return to Washington.

The course was a five-mile loop. I planned to do six loops and count the 30 miles as my marathon. The course had two sections where the road was radically canted, so I decided to walk those sections to save my legs. The race had an 11-hour cutoff, so I had plenty of time. The walking turned out to be a very wise decision. By incorporating the walking into the canted sections, I was able to keep running and walking for 10:45, thus completing my first 50-miler—and inadvertently launching an ultramarathoning career that is about to enter its 19th year.

Looking back on it, I can honestly say I was no more tired after completing 50 miles than I was after running the standard marathon distance. I attribute this to several factors. Unlike in my shorter races, I felt no pressure to progress from start to finish as quickly as possible. Of course, the intermittent walk breaks eased the tension on my legs, allowing me to keep going far longer than I had ever run before. Plus, I felt great support from my fellow runners. I had not felt this tremendous camaraderie in my shorter races, and the dedication of the volunteers was most impressive and inspiring.

As I continued to run marathons and 50-milers, my times naturally began to improve. But my insatiable appetite for new and exciting challenges began to rival my insatiable appetite for postrace pizza.

BIG-TIME GOALS

I aimed my next two goals toward the ultimate aerobic challenges—the Hawaii Ironman Triathlon and the Western States 100 Endurance Run in California’s Sierra Nevada.

The Ironman caused me concern because to compete there I would need to learn to swim and ride a bike. The day I brought my bike home I fell three times just getting out of the driveway. My first bike riding lesson consisted of getting on and off the bike and making it from the driveway to the street. To this day, I’m still uncomfortable on a bike (as evidenced by the nasty fall I took during the 1995 Eco-Challenge), but my discomfort was not going to stop me from doing the Ironman.

I persevered. I took five swimming lessons from the high school swim coach and trained five to six hours a day for nearly eight months. I completed the Ironman in fine time. The biggest problem I had was maintaining my weight at 110 pounds while training as though it were a full-time job. In spite of consuming 6,000 to 8,000 calories a day, I was still dropping weight.

With the Ironman behind me, I was off to the Western States 100 in June of 1983 to try my legs at the granddaddy of all 100-mile trail runs.

The 1983 Western States proved that, in spite of my late-in-life accomplishments, I was not invincible. The flatlands of Kentucky couldn’t provide the training I needed for the 18,000 feet of elevation gain and 22,000 feet of loss in the Sierra.

Norman and I arrived in California two weeks before the race in order to train and learn the trail. To me, these two weeks were like taking a final exam. My training became a nightmare. Record snowfall hit the Sierra, and the first 24 miles of the course were covered by 5 feet of snow and 16-foot drifts. I found it impossible to stay on my feet. My prime strength was an ability to “relax and move.” The continuous falling, combined with the severity of the climbs, undermined my ability to relax.

My dismal two weeks of training carried over to the race. At 47 miles, they pulled me for failing to make the cutoff time at Devil’s Thumb. I was devastated by my first-ever DNF. But it did strengthen my resolve to return and finish the race.

The following year (1984) I did return in more ways than one. Norman had finished in 1983, and we found we had both begun a love affair with Califor-

nia—especially with the beauty and magnitude of the Western States Trail. We loved it so much that Norman gave up his oral surgery practice, and we moved to California. Living close to the trail, we took advantage of being able to train on the course. I finished the 1984 race in 29:19. Not too shabby for a 61-year-old great-grandmother.

MORE AND MORE 100s

In the mid-1980s, the fame of the Western States 100 inspired race directors to organize other 100-mile trail races. A 100-miler was put together on the Wasatch Front in Utah; with 22,000-foot elevation gain and 24,000-foot elevation loss, Wasatch was considered the most difficult of all 100-mile trail runs. (Eventually its difficulty was surpassed by the Hard Rock 100 in Colorado.)

In 1987, I decided to give Wasatch a try. My strategy was to powerwalk the steep climbs, run the flats, and fly down the descents. Because of the additional elevation gain and climbs over 10,000 feet in altitude, Wasatch allowed an additional six hours to finish beyond Western States’ limits. I went into the race well trained, ran relaxed, and had great pacers and support, which enabled me to finish in 35:10:05. This finish gained me the distinction of being the oldest finisher, male or female, to complete two of the nation’s most grueling 100-mile mountain trail runs.

Still, I was not satiated. Since I subscribe to Jack LaLanne’s philosophy—“I’d rather wear out than rust out”—I sought a new challenge. Thanks to Tom Green, an ultramarathoner from Maryland, I didn’t have to look far. In 1986, Tom had run four 100-mile mountain races in one summer. For a while, his completion of the newly coined “Grand Slam of Ultrarunning” stood alone among achievements. Then, in 1987, two other runners completed the Grand Slam: John Bandur and Denny Hagele.

At my mature age, could I do what men so much younger than I had done? I knew only one way to find out: give it a try! I wanted to prove to myself that women are as capable as men of competing in these events.

The four races that constituted the Grand Slam were the Old Dominion 100 in Virginia, the Western States (with which I was now intimately familiar), the Leadville 100 in Colorado, and the Wasatch Front 100.

I began my quest for the Grand Slam in early June of 1988. I traveled to Virginia two weeks prior to Old Dominion to train on the trails. Three days before the race I was running the trail with a magazine journalist when a small dog ran between my legs and made me fall. I sustained a nickel-sized, stiletto-shaped gash to my kneecap, and thought I might be out of the race. I took care of the injury and put it out of my mind, resting until race morning.

NOT SO GRAND A SLAM

In this event, even though I was 65 years old, I was not allowed a pacer for the entire distance. Max Hooper, a good friend from Arkansas, very graciously offered to run with me until I could pick up my official pacers. I have no sense of direction so was extremely grateful for his company, which made it possible for me to run relaxed. I was extremely happy to finish in 29:40, though before the injury I had hoped to finish better. Unfortunately, this race marked the end of my initial effort to do the Grand Slam. A series of mistakes and unfortunate circumstances caused me to DNF at the remaining three races.

At Western States I seriously miscalculated the pace I would have to keep for the final 15 miles and dropped out, only to discover later that I had a lot more time than I'd thought.

At Leadville I missed the cutoff at Twin Lakes (mile 58) by nine minutes.

At Wasatch, even though I had finished the previous year, I was unable to repeat in 1988. The temperature dropped to 20 degrees overnight, and at an elevation of 9,000 feet my water bottles froze solid. I became hypothermic and withdrew at 80 miles.

Naturally, I was disappointed, but I have a creed that I live by when success eludes me. I give myself 10 minutes to whine, moan, and complain. Then I put the failure behind me and get on with life.

The year 1989 found me stronger and more eager than ever to do the Grand Slam. I found new strength in some advice I took from a young physician while on a training run on the Old Dominion course. He was the medical director of the race, and to my delight he offered to train with me for 30 miles of the trail, which included the longest and steepest climbs. He witnessed the difficulty I was having on the climbs, a problem I felt was due to inadequate lung capacity. He disagreed and contended it was due to insufficient upper body strength. He strongly recommended that I begin a weight training program to strengthen the muscles that would enable me to keep my form while climbing. I took his advice and joined a health club, where I began pumping iron for one hour three times a week. Almost immediately I noticed a change: the hills became less of a struggle for me. Better form enabled me to breathe easier.

In 1989, four women attempted the Grand Slam: Marge Adelman of Colorado, a previous winner of the Leadville 100; Lou Peyton of Arkansas; and Suzi Thibeault and me from California.

But there was a change in the offing caused by a decision made at Old Dominion. Up until that point, all of the 100-milers had a 30-hour cutoff (except for Wasatch, which used 36 hours because of its difficulty). Old Dominion changed its cutoff to 24 hours, which would eliminate most women from being able to finish. As a result, a new race, the Vermont 100, could be used in the Grand Slam quest as a substitute for Old Dominion.

WS100 UP FIRST

Western States was first on the schedule, and I ran an excellent race, finishing just a few minutes behind my best time (which I had set before the course was found to be more than six miles short!).

The magnificent countryside of Vermont was next, and again everything went beautifully; I felt incredibly strong the entire way. At 86 miles, I was on pace to break 24 hours, but my husband, concerned that I save some strength for Leadville—only three weeks away—convinced me to slow down. I ran

slower until the final quarter-mile, when I realized I could break 25 hours if I picked it up. I finished in 24:59:55 and felt exhilarated by my strong finish.

Three weeks later I took off for Leadville, where I made all the cutoffs with time to spare, and where I registered a time nearly identical to my Western States time—my Western time was 29:25:03 and Leadville 29:25:55.

Only one more to go. I had company, as Marge, Lou, and Suzie had also completed the first three races. I spent the two weeks after Leadville resting, training moderately, and eating as much as possible to regain my strength.

Then it was off to Utah for the most memorable and important race of my career.



JANE BYNG

Helen with Norman, finishes the 1992 Western States 100.

As the last challenge of my quest approached, I decided to break the race down into sections based on the steepest climbs over the 100 miles. My running friends in Utah provided me with extremely capable and qualified pacers. From the start, the initial climb up to Francis Peak, topped by the infamous "Chin Scraper," is generally considered the most difficult climb of the race. If I could get over that one in relatively good shape and in a good time, I felt reasonably certain I could make it all the way to Midway.

While waiting for the start, my only concern was that I might not be mentally tough enough to get over the difficulty I had encountered the previous year between Desolation Lake and Solitude, where I withdrew to be treated for hypothermia.

Though my climb over Chin Scraper was difficult, I encountered no unusual problems. My confidence soared. I stuck to my game plan and attacked the course based on the climbs.

CONFIDENCE BUILDS

I flew down the road to the “green shed” (now known as the “white shed”), and as I climbed up to Bountiful B, Big Mountain Pass, and Lamb’s Canyon, I felt stronger and more confident with each climb. The long climb on the paved road up to Mill Creek Canyon was interminable, and it was here that I had my first “downer.” I pulled myself together with help from my crew and pacer, refocused, and headed on to Desolation Lake. The good weather was holding throughout the night, so we arrived at the lake in good shape. A delightful group of volunteers welcomed us like royalty. Their enthusiasm pumped me up to the point that I left with high hopes of crossing that ridge in much better condition than the previous year.

We wasted no time. My pacer kept my confidence up by being so positive that we were moving so well, assuring me I had plenty of time to finish. We were looking forward to getting to Brighton, where they serve the greatest potato soup. You can get fueled for a lot of extra miles on that soup, and I would have only 24.3 miles to go at that point. All of a sudden, we could see the lights of Brighton. In a state of ecstasy, I picked up the pace. We weren’t disappointed by the soup or by my next pacer.

Although the last of the big climbs (Catherine Pass) lay ahead, at this point I felt nothing could stop me. The long, steep downhill to Polc Linc Pass was difficult, but my strength is on the downhills. I ran with some caution—I didn’t want a nasty fall on the rocky trail to blow everything for me.

FRIENDS GALORE

My crew of Norman and my wonderful friends John and Linda Moise had met me all along the way, and that helped give me the strength I needed, especially during the long hours of darkness.

It was now a bright sunny morning; I felt relieved to have made it through the dark hours uninjured. Unfortunately, this good feeling didn’t last long. Shortly thereafter, when I saw Norman at the aid station, I found myself totally

With her PR finish at Wasatch in 1989, Helen completes the Grand Slam to become one of the first four women to achieve this goal.

overcome with emotion; I couldn’t hold back the tears. I knew that Norman, my crew, and my pacers would all be extremely happy if I finished, and I wasn’t sure I could hold it together if I kept seeing them along the course. Although I told them to go to the finish line and wait for me there, they paid no attention to my request and continued to meet me at the remaining crew access points.

I owe a great deal to my pacer, who just happened to be a psychologist. He would gently whisper, “Helen, keep your focus.” That was all I needed to regain my composure.

Finally, I was running across the grass to the finish line, which I crossed in 34:21:53—a PR by 49 minutes over my 1987 time. I had also PRed at Western States, so I had run my fastest times on my two latest races.

Wasatch thus became my most memorable race. Not only was I one of the first four women to complete the Grand Slam, but I was able to overcome the uncertainty of whether I was mentally strong enough to accomplish a feat at which I had previously failed. I have always been able to throw myself completely into any project I’ve undertaken; this adventure reinforced this ability and set the pattern for many future adventures.

In retrospect, I think I became so emotional during the last 20 miles of Wasatch because I didn’t want the race to end. I had trained diligently for two years, running every long race I could while building toward this day. Every runner knows the high you feel when you reach your goal. The high then begins to recede during the following days.

Three weeks later I toed the starting line at Angeles Crest 100. I was not surprised to find Suzie, Lou, and Marge there as well. What did surprise me was running my best race ever, probably because I felt no pressure. Once again, I enjoyed the loving support of great friends. Naturally, I was quite pleased with the long summer of 1989. Five 100-mile trail races in 16 weeks. I learned to never again set limits on myself based on my age or gender.



COURTESY OF HELEN KLEIN

Ultra Update - March 1999

Andy Milroy

Ultrarunning broke through its final continental barrier on February 13th when a 50km race was held in Antarctica. The race, however, took place on King George Island, part of the South Shetland Islands, not on the mainland continent. The multi-loop course was severely undulating, running through glacial streams, and over boulders. It was won by American Dave Kanners in 6:06, from fellowcountryman Jim Wholey, who finished in 6:16. Third was Tad Lancucki, of Britain, in 6:18.

A race in the Antarctic will be of great interest to the indefatigable Henri Girault, who has run 100km races in countries as widely separated as Argentina and the Ukraine. Botswana and Japan. He plans to complete his 400th 100km at the 100km du Perigord at Belves in France on the 17th of April this year. Whenever the Antarctic 50km develops into a 100km, Henri Girault will be there

In a much more urban environment there was another first. The New York Kurt Steiner 50km race on the 27th February saw Tesfaye Bekele run 3:25:38 in second place. Such a performance may seem unremarkable. However Tesfaye Bekele was an Ethiopian.

He has run the London marathon in 2:12:24 and Lisbon in 2:12:35 in 1994. More recently he ran 2:14:02 for tenth at Boston in 1997 and 2:15:23 for 16th at New York in 1998, in. Apparently he went way off course in the Kurt Steiner race, which perhaps explains his 3:25.

Tesfaye Bekele is the first Ethiopian, as far as I know, to run an ultra, although others have expressed interest over the years.

Will Bekele's performance just be another long training run, or will it be a gentle introduction to a more concerted attempt at ultras at a later date? With their long marathon running traditions, it would be fascinating to see what the Ethiopians could do in ultras.

The Kenyans, the Ethiopians' East African neighbours, have already tried ultrarunning. There was a Kenyan team in the 1992 World 100km. However it made no real impact on the race.

In the Southern Hemisphere on the 17th February the Marlborough 100km was held on a 10km loop near Blenheim in Marlborough, New Zealand. It was affected by variable temperatures and gusting winds, along with torrential rain on occasion.

The winner in 7:29:49 was Martin Lukes, who was making his 100km debut. He was, well ahead of the first woman, and, second runner, Wynniew Wu Cosgrove. Hungarian Agnes Bozan, who was in New Zealand for winter training had had a long battle with Cosgrove before the latter pulled away towards the end of the race. Cosgrove ran 8:06:17, the fastest time in the world this year thus far, [March 20th] with Bozan running 8:17:34 for third place and second women.

The Stein 6 Hour took place in the Netherlands on the 7th of March. It was won by Rainer Lindemann of Germany, who reached the 50km point in 3:15:51. Despite slowing considerably he still finished with a final distance of 86.056km/53.4 miles, with Edwin van de Loop of the Netherlands, running 83.569km/51.9 miles for second. Another Dutchman Wim van Dijke, was third with 82.599km/51.3 miles. Belgian Lucian Taelman, the current European 24 Hour champion was fourth with 80.955km/50.2 miles.

Birgit Lennartz of Germany, the former holder of the world 100km road best, was the first woman in the Stein race. She ran 74.815km/46.4 miles with another German, Kerstin Gedig, in second with 69.156km/42.9 miles. Simone Spellerberg, also of Germany, who covered 64.219km/39.9 miles was third. On the same day in South Wales, in the west of the United Kingdom, the Barry track 40 miler was held. This race always attracts a strong British field, and this year Jan Vandendriessche of Belgium also entered. He faced Simon Pride of Scotland, both runners having been prominently in the Shimanto World 100km Challenge.

Simon Pride made a determined attempt to break Don Ritchie's world track best of 3:48:35 for 40 miles from the gun in good conditions, despite the cold north wind. Only Shane Downes, a former 100km international, and Jan Vandendriessche tried to go with Pride as he ran the first 10 miles in 56:18, before pushing on to 20 miles in 1:53:24. Downes decided to retire at the 20 mile point. The Belgian lasted another seven miles before he also decided to quit.

Pride was on even pace to break his fellow Scot's record at 30 miles, clocking 2:50:10, but then on he began to slow. However as he has done before, Pride was to stage a recovery in the final stages, breaking the stadium record and his own personal best with 3:53:55.

The vastly experienced Stephen Moore was in second place. He calmly set about the task of reducing his own 0'50 world age group bests, and let Pride run his own race. He finished with a third world 0'50 best of 4:03:37 for the full distance, passing 30 miles in 2:59:04, and 50km in 3:04:45, both improvements on his previous marks,

In third place was another British 100km team member, Mark Guichard, who ran one of his best races to date. His 4:18:57 was a solid performance, and hopefully this augurs well for his 100km races this year.

Carolyn Hunter-Rowe was not yet in her best form, but still ran 4:35:42, the third best performance ever at 40 miles on the track. Only she and Ann Trason have run faster.

The Te Houtaewa Challenge Beach Run was held at Kaitia, New Zealand on the following week on the other side of the world. This 60km race was won by Shaun Cooper, who is establishing himself as one of the leading New Zealand male performers, in 4:24:08. the formidable Lilac Flay, the World Challenge silver medallist, was his nearest opponent who recorded 4:35:11.

A little later that day [13th March] but in the same hemisphere, the Bruinjieshoogte 50km was held in South Africa. Sakhumzi Peter won the event in 3:13.35, from Molteno Malotana in 3:17.23. Evan Mclean was third in 3:19.53. Adele Bosch was the first woman who ran 4:11.33 to win by a considerable margin from Gerda Vosloo's 4:26.16, with Ursula Gerber in third. [4:52.03] The race was small by South African standards with only 103 finishers.

The Long Tom 56km was the big race of the day in South Africa. It was won by Simon Malindi in 3:30:30 who finished well clear of his nearest opposition, Theo Rafiri who ran 3:40:26. [Rafiri finished second in the 1993 Comrades and between '92 and '95 was a regular in the top 10 of that event. Since then his form has been far less impressive. Perhaps this run in the Long Tom marks a return to form at last for Rafiri.] P. Magaschule was the third runner, with 3:44:20, who seems to be making his ultra debut this year.

South African 100km team member Russell Crawford was 12th in a solid 3:56:06. He has shown himself to be the most consistent 100km runner in the country. His time was, obviously part of his preparation for the World Challenge in Chavagnes for which he has been selected.

The first woman was Carolyn Wridgway with 4:50:10, from L. Da Silva who finished some two minutes back in 4:52:06, with C. Witteveen in third, [5:02:50].

There were some 691 finishers in this year's race. This was down on last year however.

Finally the results of the two major IAU Competitions that are decided by points scored in a number of events held world wide. Points are awarded for placings in the various events, and also for position on the final year ranking for the 100km.

The 1998 IAU 100km Inter-Continental Cup was won by Grigori Murzin with 995 points from his wins at Shimanto and Torhout, together with the second best time of the year, 6:23:29. Second was Konstantin Santalov with 985 points, and third was Dmitri Radyuchenko with 955 points.

The first woman was Maria Venancio with 980 points, for first at Cubatao, and third at Shimanto, plus the fastest time of the year 7:20:22. Second was Constanze Wagner with 980 points, and Lilac Flay was third with 880 points.

In the IAU 24 Hour European Cup, in which the best two distances, achieved in races which are part of the competition, are added together, the male winner was Michael Maier with 512.568km [259.067km at Marquette, and 253.501km at Basle.] Second was Jens Lukas with 500.351km and third was Alain Prual 494.543km.

The first woman was Helga Backhaus with 421.687km [215.178km at Marquette and 206.509km at Niort], with Heike Pawzik in second with 382.502km, and third Martina Hausmann with 381.760km.

"NEVER MIND THE LENGTH, CHECK THE QUALITY"

This is one of my home-spun philosophies (not just the comment of a Jewish tailor!). Our modern community seems obsessed with how LONG we can live - maybe we should look more to how BROADLY we can live, i.e. concentrate on the quality of life.

The average lifespan in Australia has increased considerably; no doubt this is due to better anti-natal care for women, better access to first class nutrition and health care, public health measures, better material quality of life and better attitudes to fitness and recreation. There is little doubt that, for all the faults of modern society (e.g. pollution, diverse, nuclear fall-out, ozone depletion, soil erosion, drug use, etc.), we are living longer than at any time in the history of mankind, and we are living DECADES longer on average than people in third world countries right now. So maybe we are doing something right!

Hence the plea to all zealots - take things in MODERATION. Some doctors will insist that you will live forever, if only you can be a miserable, skinny vegetarian marathon running pulse counter! Heaven forbid that your cholesterol level should be above 4.5 !!! That should be a crime punishable by hanging (which unfortunately shortens your life more dramatically). And Heaven help those women who have the "disease" called Menopause! Surely they must all develop Osteoporosis immediately, unless they first have expensive tests, and then all take Hormone Replacement Therapy. And of course, we are so undernourished that we all must take Vitamin Supplements (the more the better!), or we will all collapse immediately.

The zealots of this world will soon have us under their power. It seems that, with so many factors, medical and social, having improved in our community, we should practice MODERATION, and that way aspire to a better QUALITY OF LIFE, even if we are all around a few weeks less to enjoy it!

Wishing you good running,
Tony Trachtenberg.

A New Continent for Ultrarunning

On February 13, ultrarunning broke through its final continental barrier when a 50-km race was held in Antarctica. The race took place not on the mainland continent, but on King George Island, part of the South Shetland Islands. Running through glacial streams and over boulders, the multi-loop course was severely undulating. The race was won by Dave Kanners of the US in 6:06. Jim Wholey, also from the States, finished some ten minutes later in 6:16. Third was a Briton Tad Lancucki, in 6:18.

This particular race will be of great interest to another globetrotting ultrarunner, the indefatigable Henri Girault, who has run 100-km races in countries as diverse as Botswana and Japan, Argentina, and Ukraine. On April 17 this year, Henri Girault plans to complete his 400th 100-km, at the 100 Km du Perigord at Belves in France. I doubt this 100-km addict will stop there. If the Antarctic 50-km ever becomes a 100-km, he will be there, no doubt.

Ethiopian Marathoner Makes a Move up to Ultras

Another first occurred in a much more urban environment. The recent Kurt Steiner 50 Km race held in New York on February 27 saw a very interesting performance. In second place was Tesfaye Bekele, who ran 3:25:38. Why was this apparently unremarkable performance significant?

Ethiopian Tesfaye Bekele has run a 2:12:24 marathon in London and 2:12:35 at Lisbon in 1994. More recently he was tenth at Boston in 1997 in 2:14:02, and 16th at New York in 1998, in 2:15:23. Apparently he went way off the course in the Steiner race, which explains his relatively slow time of 3:25.

The significance of the performance is that Tesfaye Bekele is the first Ethiopian to run an ultra, although others have expressed interest over the years.

It will be interesting to see if Bekele's performance was just a long training run or a gentle introduction to a more concerted attempt at ultrarunning at a later date. It would be fascinating to see what the Ethiopians could do in ultras, coming from their long marathon running traditions.

The Ethiopians' neighbors, the Kenyans, have already experimented with ultrarunning. There was a Kenyan team in the 1992 World 100 Km, but it made no real impact on the race.

Southern Hemisphere Summary

In the Southern Hemisphere the fall is approaching. This time of the year is usually good for ultrarunning, but the Marlborough 100 Km, held on a 10-km loop near Blenheim in Marlborough, New Zealand was affected by variable temperatures and gusting winds, along with occasionally torrential rain. The race was held on February 17.

Martin Lukes, making his 100-km debut, was the winner in 7:29:49, well ahead of the second runner and first woman Wynnie Wu Cosgrove. She had had a long battle with Hungarian Agnes Bozan, who was in New Zealand for winter training. Eventually Cosgrove pulled away in the final stages of the race. She ran 8:06:17, the fastest time in the world this year thus far, with Bozan running 8:17:34 for third place and second female. Veteran Margaret Hazelwood was the fourth finisher in 10:22:06.

On March 7, the Te Houtaewa Challenge Beach Run was held at Kaitia, New Zealand. This 60-km race was won in 4:24:08 by Shaun Cooper, who is establishing himself as one of the leading New Zealand male performers. His nearest opposition was the formidable Lilac Flay, the World Challenge silver medalist, who was running on home territory. She recorded 4:35:11.

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In 12th place was the South African 100-km team member Russell Crawford, who has shown to be the most consistent 100-km runner in the country. His time was a solid 3:56:06, obviously in preparation for the World Challenge in Chav-

agnes, for which he has been selected.

The first woman was Carolyn Wridgway with 4:50:10. L. Da Silva finished some two minutes later in 4:52:06, and C. Witteveen was third, recording 5:02:50.

The Long Tom is one of the South African ultras that boast large fields. There were 691 finishers in this year's race. This was down from last year.

Stein Six Hour to Lindemann

On March 7, The Stein Six Hour took place in the Netherlands. German Rainer Lindemann, who passed the 50-km point in 3:15:51, won the race. He slowed considerably after that, but still finished with a final distance of 86.056 km/53.4 miles, with Dutchman Edwin van de Loop running 83.569 km/51.9 miles for second place. In third was Wim van Dijke, also from the Netherlands with 82.599 km/51.3 miles. Belgian Lucien Taelman, the current European 24-hour champion was fourth with 80.955 km/50.2 miles.

The first woman in the Stein race was Birgit Lennartz of Germany, the former 100-km road best world record holder, who ran 74.815 km/46.4 miles. Another German, Kerstin Gedig, came in second with 69.156 km/42.9 miles. The third woman was Simone Spellerberg, also of Germany, who covered 64.219 km/39.9 miles.

Simon Says Barry 40 Mile is Fast

The Barry Track 40 Mile was held on the same day in South Wales, in the west of the United Kingdom. This race always attracts a strong British field, and this year Jan Vandendriessche of Belgium entered. There promised to be a good battle between him and Simon Pride of Scotland, both having figured prominently in the Shimanto World 100 Km Challenge.

Conditions for the race were good, despite the cold north wind. Simon Pride made a determined attempt to break Don Ritchie's world track best of 3:48:35 for 40 miles from the gun. Only former 100-km internationalists Shane Downes and Jan Vandendriessche attempted to go with him, as he covered the first 10 miles in 56:18, and then pushed on to 20 miles in 1:53:24. At the 20-mile point, Downes decided to retire and save himself for another day. The Belgian lasted another seven miles before he also decided that he had run far enough at that speed and left the track.

At 30 miles, Pride was on even pace to break his fellow Scot's record, clocking 2:50:10, but from then on he also be-

Yiannis Kouros joins birthday celebrations

gan to slow. As he has done in other ultra races, however, Pride was to experience a recovery in the final stages, breaking the stadium record and his own personal best with 3:53:55.

In second place was the vastly experienced Stephen Moore. He let Pride run his own race and calmly set about the task of reducing his own 50-and-over world age-group bests. Passing 30 miles in 2:59:04, and 50-km in 3:04:45, both improvements on his previous marks, he finished with a third best of 4:03:37 for the full distance.

In third place was another British 100-km team member, Mark Guichard, who ran one of his best races to date. His 4:18:57 was a solid performance, and hopefully this augurs well for his 100-km races this year. The fourth place runner was of particular interest. Mark Farnell, who ran 4:21:32 in his ultra debut, has only ten-percent vision and has represented Britain in the Para-Olympics. His performance suggests that he could be a runner to note for the future.

Carolyn Hunter-Rowe returned to the Barry track where she had set many records. She was not yet in her best form, but still clocked 4:35:42, the third best performance ever at 40 miles on the track. In the past, only Ann Trason and she herself have run a faster time.

IAU Points Race Results

Finally, the results of the two major IAU competitions that are decided by points scored in a number of events held worldwide are available. Points are awarded for placings in the various events, and also for position on the final year ranking for the 100-km.

Grigori Murzin won the IAU 100 Km Inter-Continental Cup with 995 points from his wins at Shimanto and Torhout, together with the second best time of the year, 6:23:29. Second was Konstantin Santalov with 985 points, and third was Dmitri Radyuchenko with 955 points.

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From left, world champion body builder and former Mr Australia, Don Mahoney, Tony Rafferty, Coral Rafferty, and Yiannis Kouros, who is recognised as the greatest ultra marathon runner in history.

ULTRA marathon runner Tony Rafferty of Harkaway on Saturday celebrated his 60th birthday among family, friends, and some of Australia's top sports people.

Members of support crews who backed Tony on desert runs, including his trot through the Valley of Death in America were also present.

Among them were former Mr Australia Don Mahoney, who was initially encouraged by Tony to take up the sport, and all time great ultra marathon runner Yiannis Kouros.

Don said he was an asthma sufferer and was quite slim when Tony suggested he take

up body building.

"Tony was a great inspiration to me and others," he said.

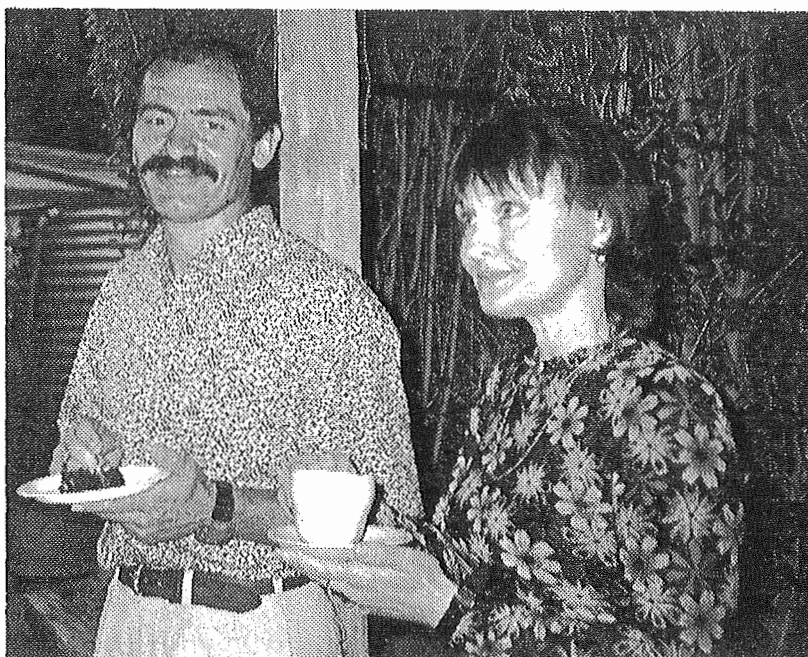
Tony said he recalled one long distance race when Yiannis was handicapped by 12 hours.

"Yiannis wasn't all that pleased but a couple of days later someone came by in a support vehicle and said Yiannis is just behind you.

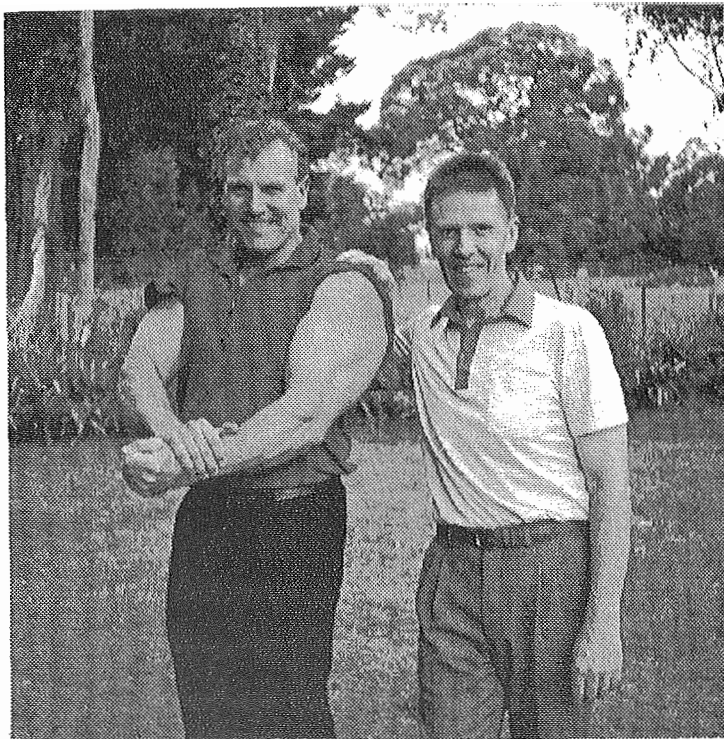
"He pulled up to me, we had a chat, and he then took off at his average 12.3 kilometres an hour for that race.

"It was unbelievable.

"We called him the flying Greek."



Yiannis and Teresa Kouros at Tony Rafferty's 60th Birthday party, April 1999, Harkaway Victoria.

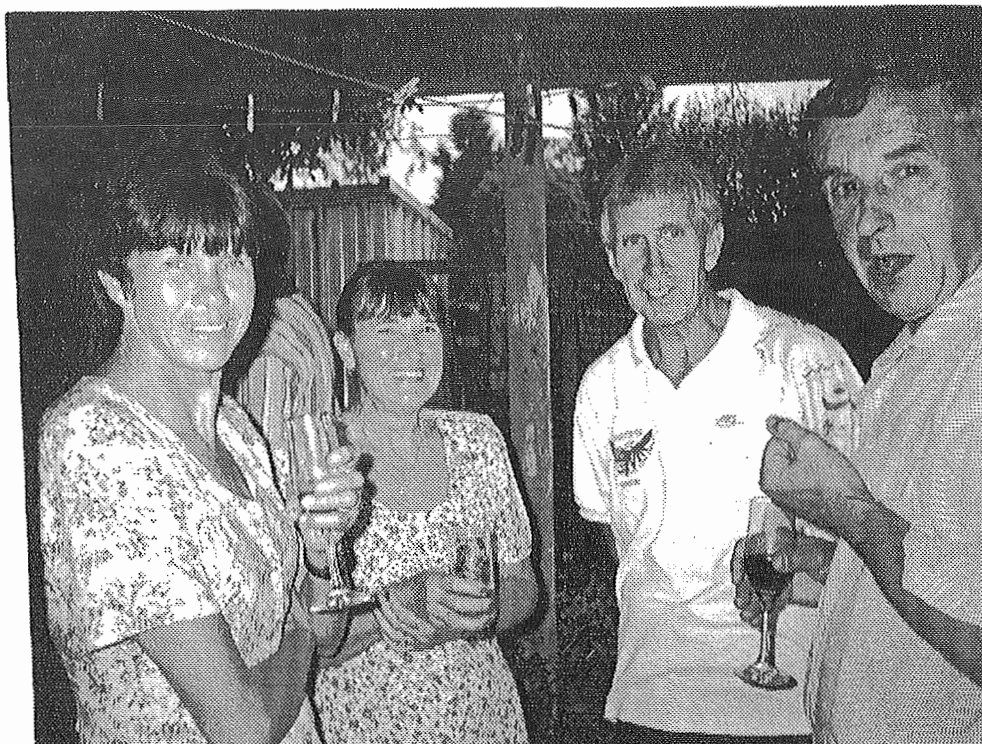


Tony's mate, Mr. Australia / Mr. World, Don Mahoney with Tony at Tony's 60th Birthday Party, April 1999, Harkaway, Victoria.

Wendy & John Harper (AURA Committee member) at Tony Rafferty's 60th Birthday Party at Harkaway, Vic.



Dot Browne (AURA Secretary), Sandy Kerr, Tom Kerr & long-suffering husband of Dot, Colin Browne all hitting the slops at Tony Rafferty's 60th.



RAFFERTY - THE RUNNING MAN.

He ran till his feet bled.
He ran in the heat and snow, in fierce winds.
He ran in pelting rain.
But whatever the weather, or the pain, he kept running.
Because Rafferty's his name and runnings his game.

He ran for the challenge, but found glory.
He ran to raise funds for those who could not run.
He ran overseas and even conquered Death Valley.
In his homeland of Australia his feet did stride far and wide.
Across the dreaded straight of the Nullabour and many a time
the Sydney to Melbourne race.

His strength of mind, spirit and body was a thing to behold and admire.
Pounding over hills, against the winds of time and distance he did defy.
So many wanted to have the the privilege to shake his hand.
"How can a person achieve such feats?" many did cry.
Others answered with awe - "Because he is the great Tony Rafferty - the Running Man."

But now that you have finally hung up your running shoes.
That your body is to have some rest.
That you have your family for which to care and many friends to share the quieter times.
Above all Tony please understand that many will forever remember you and your
exceptional achievements.
Because you will forever be '**Rafferty - the Running Man.**'

by Linda Meadows .

1999 Australian Ultra Running Survey

This survey is designed to find out what you the Ultra runner/walker is thinking about his sport and what he would like to do to help improve the running and organisation of his sport. Closing date for the survey is 1 Aug 99 When you have completed this survey please return it to the AURA Secretary at 14 Victory St, Mitcham Victoria. The results will be tabulated and the findings published in the last magazine of the year. The AURA Committee will also look at the findings and try and implement any of the recommendations for the sport in the Year 2000.

1. Age:.....
2. Sex:.....
3. State of Residence:.....
4. How many years have you been running/walking Ultra Marathons?.....
5. How long have you been a member of AURA?.....
6. How many Ultra races have you competed in?.....
7. What are your favourite type of Ultra races?.....
8. What is your favourite distance?.....
9. How would you like to see the Australian calendar improved?.....
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10. Are you happy with the current value of your AURA membership?.....
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11. If AURA had more resources at their disposal what services would you like to see them provide?.....

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12. Would you be happy with an increase in AURA membership fees from 2000?.....

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13. How do you think AURA and Ultra running could be better promoted in Australia?.....

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14. Would you be able to help publicise and promote AURA and Ultra running?.....

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15. With more of our members walking during Ultra races do you think that AURA should undergo a name change?.....

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16. With technical advice from AURA would you like to be a Race Director for an Ultra event in your area?.....

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17. What do you think of the "UltraMag" magazine?.....

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18. Should there be more handicap races incorporated into Ultra running?.....
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19. Would you support an AURA Ultra Athlete of the year Award?.....
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20. Are you happy with the current format of the National Committee and State Reps?.....
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21. Do you know anyone that has left AURA in the last five years? Do you know why they left AURA?.....
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22. Do you think that the introduction of a Discount Card could add as an extra incentive for people to join AURA?.....
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23. Any other comments about the future of AURA and Ultra running in Australia?.....
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Thanks for your assistance. The results will be collated into information that will go along way to help the future of AURA and the sport of UltraMarathonning in Australia.

All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. *Marks set in 1998, or ratified in 1998, are listed in italics.* In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, recognizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago.

We have also included the actual USA records as ratified by USATF.

We include among the bests for North America any performances by North American residents, even if they are not citizens of the region. In such cases, there is an apostrophe after the name.

Thanks to Andy Milroy, Trishul Cherns, David Blaikie, and Dan Brannen for continually providing invaluable data. If you know of any corrections or additions, please let us know.

Legend

R = road in otherwise track list

i = indoor

T = track in otherwise road list

s = split in longer event

* = uncertified road course or no lap times taken

^ = incomplete lap recording (only to minute)

' = resident alien

rr = ratified record (better marks may exist)

1,000 Miles

Men

→ Yiannis Kouros,GR	10+10:30:35	
rr-Petras Silkinas,57,LIT	11+13:54:58	T
Stu Mittleman,US	11+20:36:50	
→ Bryan Smith,55,AU	11+23:31:44	T
rr-Georgs Jermolajevs,54,LAT	12+01:25:47	R
Al Howie,46,GB	12+01:42:52	s
Vladimir Glazkov,60,RUS	12+11:32:33	T
Siggy Bauer,41,NZ	12+12:36:20	
Vladimir Vasutin,45,UKR	12+14:55:21	T*
Alfredo Uria,57,ESP	12+17:59:09	T*
→ Gary Parsons,46,AU	12+19:44:34	T
Istvan Sipos,HUN	12+22:52:37	s
John Ball,SA	13+01:00	*
Marty Sprengelmeyer,45,US	13+07:19:41	s
Trishul Cherns,CAN	13+07:50:45	
Tom Possert,US	13+14:02:52	
Stefan Schlett,GER	13+16:11:06	s
→ Ian Javes,47,AU	13+18:35:50	s
Peter Gibson,41,NZL	13+19:48:16	T
Michel Careau,47,CAN	13+21:31:53	
Alan Fairbrother,49,GB	13+22:48:08	
→ Kevin Mansell,45,AU	14+02:15:46	T
John Wallis,52,US	14+09:45:04	
Dan Coffey,54,GB	14+10:44:50	
Don Winkley,59,US	14+10:56:46	R
Rustem Giniatullin,46,RUS	14+11:43:31	T
→ Tony Rafferty,47,AU	14+11:59:04	T
Ronnie Wong,44,US	14+12:48:25	s

USA Ratified 1,000-Mile Records, Men

55-59 Don Winkley	14+10:56:46	R
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Women

rr-Sandy Barwick,NZ,42	12+14:38:40	Rs
rr-Eleanor Robinson,GB	13+02:16:49	T
→ Dipali Cunningham,AU	13+20:18:40	R
Antana Locs,CAN	13+23:18:32	s
Suprabha Beckjord,US	14+08:56:57	s
rr-Sandra Brown,GBR	14+10:27:21	T
Sylvia Andonie,MEX	14+18:52:38	
Nidhruvi Zimmermann,AUS	14+22:56:26	R
Monika Achenbach-Konig,AUS	15+02:57:47	
Martina Hausmann,GER	15+21:36:12	
Dhvaia Dorn,CAN	15+22:39:35	
Christel Vollmerhausen,57GER	16+01:59:40	

Renate Nierkens,GER,47 16+11:19:54 s

USA Ratified 1,000-Mile Records, Women

Open: Suprabha Beckjord 14+08:56:57 s

6 Days

All-time, men

rr-Jean-Gilles Boussiquet,48,FR	640	21	i
Yiannis Kouros,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
George Littlewood,GB,1888	623	1320	i
James Zarei,46,GB	622	508	
→ Bryan Smith,45,AU	622	435	
James Cathcart,US,1888	621	1320	i
Patrick Fitzgerald,US,1884	610		i
Daniel Herty,US,1888	605		i
Charles Rowell,GB,1884	602		i
George Hazael,GB,1882	600	220	i

Uncertified additions

→ Yiannis Kouros,GR	658	1144	R*
→ David Standeven,AU	628	352	R*
→ Kevin Mansell,AU	628	352	R*
Richard Tout,NZ	589	1199	Rs*

World track record

→ Yiannis Kouros,GR	635	1385	
rr-Yiannis Kouros,GR	623	147	

Modern, men

Jean-Gilles Boussiquet,48,FR	640	21	i
Yiannis Kouros,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
James Zarei,46,GB	622	508	
→ Bryan Smith,45,AU	622	435	
Ramon Zabalo,FR	593	64	
Patrick Macke,GB	579	207	i
Stu Mittleman,US	577	1100	i
Tom O'Reilly,GB	576	675	
Dusan Mravljic,YUG	568	319	
Siegfried Bauer,42,NZ	563	1245	
Jaroslav Kocoutrek,CZ	559	1724	

→ Maurice Taylor,41,AU	555	890	
George Gardiner,40,US	554	72	

Modern, men, North America

Stu Mittleman	577	1100	i
George Gardiner,40	554	72	
Brian Purcell	543		Rs*
David Luljak,42	541		R
Michel Careau,53,CAN	539	1689	i
Trishul Cherns,CAN	538	189	i
Marty Sprengelmeyer,41	516	960	Rs*
Al Howie',46	514		Rs
Don Choi	511	596	
Robert Perez	501	893	
Al Prawda	500	1233	i
David LaPierre,51,CAN	480	727	T
Charlie Eidel,43	477		Rs
Bill Schultz	475		

Age groups, world

40-44 J.-G. Boussiquet,FR	605	1691	i
45-49 J.-G. Boussiquet,FR	640	21	i
50-54 Gilbert Mainix,FR	609	775	i
55-59 Gilbert Mainix,FR	626	164	i
60-64 Cliff Young,AU	536		R*
George Perdon,AU	522	1664	
65-69 Cliff Young,AU	416	998	
70-74 Cliff Young,AU	406	225	
75-79 Drew Kettle,AU	363	876	T

Age groups, U.S.

40-44 George Gardiner	554	72	
45-49 Cahit Yeter	468	417	
50-54 Michael Allen	473	440	
55-59 Donald Winkley	450		Rs
60-64 Richard Cozart	387		Rs
65-69 Dictino Mendez	385		Rs
70-74 Ed Fishman	335		Rs

USA Ratified 6-Day Records, Men

Open: George Gardiner	554	72	
40-44 no record			

45-49 Gutdayzke	373	440	
50-54 Michael Allen	473	440	
55-59 Donald Winkley	450		R
60-64 Clarence Richey	339	12	
65-69 Dictino Mendez	385		R
70-74 Ed Fishman	335		RS

All-comers: Yiannis Kouros,GR 639

All-time, women

rr-Sandra Barwick,NZ	548	558	
Eleanor Adams,GB	538	582	
→ rr-Dipali Cunningham,AU	504		R
Donna Hudson,US	487	1585	
Edith Couhé,41,FR	479	968	i
Suprabha Schecter,US	459		Rs
→ Georgina McConnell,AU	458	1119	
Renate Nierkens,GER	458	1056	
→ Cynthia Cameron,AU	458	1006	
Lorna Richey,US	456	589	
Madame Du Pree,US,1882	456		
Pippa Davis,48,US/GB	454		Rs
Antana Locs,CAN	452		Rs
Silvia Andonie,MEX	450		R

Uncertified additions

Mary Hanudel,US	486	1056	Rs*
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Women, North America

Donna Hudson	487	1585	
Mary Hanudel	486	1056	Rs*
Suprabha Schecter	459		Rs
rr-Lorna Richey	456	589	
Madame Du Pree,1882	456		
Pippa Davis',48	454		Rs
Antana Locs,CAN	452		Rs
Silvia Andonie,MEX	450		R
Sue Medaglia,49	411	1623	
Barbara McLeod,55,CAN	404	1156	Rs
Karina Nequin	400	220	i

Age groups, world

40-44 Sandra Barwick,NZ	548	558	
45-49 Renate Nierkens,GER	458	1056	
50-54 Georgina McConnell,AU	434	943	T
55-59 Ch. Vollmerhausen,57,GER	431		Rs
60-64 Françoise Lamothe,FR	402	1582	
65-69 Helen Klein,US	354	1584	R
70-74 Helen Klein,US	373		R

Age groups U.S.

40-44 Lahory Brummel	365		Rs
45-49 Pippa Davis'	454		Rs
50-54 Janet Johnson'	405	440	
55-59 Myra Linden	340	440	
60-64 Samara Minoli	310		Rs
65-69 Helen Klein	354	1584	R
70-74 Helen Klein	373		R

USA Ratified 6-Day Records, Women

Open: Lorna Richey	457	345	
40-44 Vivian Corres	266	440	
45-49 Vivian Corres	285		
50-54 no record			
55-59 Myra Linden	312	880	
60-64 no record			
65-69 no record			
70-74 no record			
All-comers: Eleanor Adams,GB	462		

48 Hours

All-time, men

→ Yiannis Kouros,40,AU	294	710	T
Tomas Rusek,46,CZ	269	514	
Valéri Goubar,SU	265	1187	^
Gilbert Mainix,57,FR	264	282	^
J.-G. Boussiquet,47,FR 263	597		^
Jaroslav Kocourek,CZ	263	004	i
Ramon Zabalo,FR	260	1717	
Charles Rowell,GB,1882 258	220		si
Richard Tout,NZ	253	914	Rs*
John Hughes,US,1882	251		s?
Seigi Arita,JPN	250	764	T
Richard Brown,GB	249	526	^
Anatoli Kruglikov,RUS	248	632	^
Alain Mallereau,FRA	245	945	^
Roy Pirrung,48,US	243	759	
→ Bryan Smith,AU,46	240	172	s
Brian Purcell,US	240		

All-time, North America

John Hughes, 1882	251		si?
Roy Pirrung, 48,	243	759	
Brian Purcell	240		
James A. Cathcart, 1888	238		si
Frank Hart, 1882	232	440	si
Scott Demaree	230	704	
Jack Christian	227	584	
Don Choi	227		s
Patrick Fitzgerald, 1888	226		s
Ray Krolewicz	224	1731	
Al Prawda	224	1177	i
Dan Brannen	223	135	i
Trishul Cherns, CAN	221	230	
Doyle Carpenter, 48	219	1689	i
Richard Lacouse, 1881, CAN	218	352	si
Edward Weston, 40, 1879	218		i
Dan Herty, 1882	217	660	i
Charles Harriman, 1883	216		i
Stu Mittleman	215	1540	si
John Sullivan, 1882	215		i
Ephraim Clow, 1881, CAN	215		si
Thomas Andrews, 44	214		
George Gardiner, 40	213		s
Jeff Hagen	213	1320	R
Jim Drake, 52	213		R
Rae Clark	212	176	Rs
Peter Pancho, 1883	212		i
Robert Vint, 1883	211		i

U.S. all-comers record

Yiannis Kourous, GR	266	578	s
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Age groups, world

→ 40-44 Yiannis Kourous, AU	294	710	T
45-49 Tomas Rusek, 46, CZ	269	514	
50-54 Gilbert Mainix, FR	259	427	^
55-59 Gilbert Mainix, FR	264	282	^
60-64 Donald Winkley, US	200	910	T
65-69 Manfred Hauser, GER	151		
70-74 Manfred Hauser, GER	156	225	
75-79 Matt Miller, US	144	281	
80-84 Robert Lardinois, BEL	125	1494	

Age groups, North America, modern

40-44 Al Prawda	224	1177	i
45-49 Roy Pirrung	243	759	
50-54 Jim Drake	213		R
55-59 Donald Winkley	201		Rs
60-64 Donald Winkley,	200	910	T
65-69 Phil Latulippe, CAN	150	1689	i
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	

USA Ratified 48-Hour Records, Men

Open: Brian Purcell	240		
40-44 Kurt Madden	199	880	
45-49 Roy Pirrung	243	759	
50-54 Jim Drake	213		
55-59 Don Winkley	201		
60-64 Ed Williams	151	175	
65-69 Dictino Mendez	130		
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	

All-comers: Yiannis Kourous, GR 266 880

All-time, women

Sue Ellen Trapp, 51, US	234	1428	
Hilary Walker, GB	227	1302	
Eleanor Robinson, 49, GBR	219	100	i
Susan Olsen, US	216	1444	
Arllette Touchard, 44, FR	215	1543	
Angela Mertens, BEL	214	1196	
Marianne Savage, GB	213	1092	
→ Helen Stanger, AU	204	1038	
Sandra Barwick, NZ	202	1589	s
Gisela Fricke, 43, GER	200		R
Else Bayer, GER	196	34	T
Silvia Andonie, MEX	195	1760	
Martina Hausmann, GER	195	462	i
Edith Couhé, 40, FR	195	167	
Christel Vollmerhausen, 55, GER	193	1563	
Paula Mairer, AUT	192	881	
Bev Williams, CAN	191	1470	i
Suprabha Beckjord, US	191		Rs
Sandra Brown, GB	190	1380	^
Françoise Lamothe, 62, FR	190	48	

All-time, North America, women

Sue Ellen Trapp, 51	234	1428	
Susan Olsen	216	1444	
Silvia Andonie, MEX	195	1760	
Bev Williams, CAN	191	1470	i
Suprabha Beckjord	191		Rs
Donna Hudson	189	693	s
Marcy Schwam	187	1406	i
Pippa Davis, 48	182		Rs
Eileen Eliot, 45	180	1584	i
Antana Locs, CAN	180		Rs
Barbara McLeod, 52, CAN	177	137	i
Essie Garrett, 41	170		
Françoise Carpenter, 50	170	440	
Mary Ann Miller, 50	169	1335	
Linda Elam, 53	169		
Kay Moore, 44	164	936	i
Kim Cavanagh	161	75	i
Lorna Richey	160		s

Age groups, World

40-44 Arlette Touchard, FR	215	1543	
45-49 Sue Ellen Trapp, US	223	1340	R
50-54 Sue Ellen Trapp, US	234	1428	
55-59 Else Bayer, GER	196	34	T
60-64 Françoise Lamothe, FR	190	48	
65-69 Françoise Lamothe, FR	169	890	^
70-74 Françoise Lamothe, FR	148	1729	^

Age groups, North America

40-44 Susan Olsen	195	1464	T
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp, 51	234	1428	
55-59 Barbara McLeod, CAN	158		Rs
60-64 Jan Richards	127	880	
65-69 Helen Klein	130	858	

USA Ratified 48-Hour Records, Women

Open: Sue Ellen Trapp	234	1427	
40-44 Essie Garrett	169	1335	
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp	234	1427	
55-59 Mary Ann Miller	145	1531	
60-64 Jan Richards	127	880	
65-69 no record			

24 Hours

→ All-time, men			
Yiannis Kourous, 41, AU	188	1031	T
Wolfgang Schwark, GER	171	1106	R
Anatoli Kruglikov, RUS	171	857	
Bernard Gaudin, FR	170	1231	R
David Dowdle, GB	170	974	
Hans Erdmann, GER	170	580	R
Jean-G. Boussiquet, FR	169	705	
Eduard Khiron, RUS	169	699	
Nasibula Khushnulin, RUS	167	874	i
Don Ritchie, 47, GB	166	1203	
Lucien Taelman, BEL	166	519	R
Ivan Labutin, RUS	165	1690	
A. Komissarenko, SU	165	500	R*
Rae Clark, US	165	427	
Mikhail Eremisov, RUS	164	511	
Paul Beckers, BEL	164	342	
Mark Pickard, GB	163	1249	
Tomas Rusek, 50, CZ	163	897	R
Valeri Goubar, SU	163	510	
Rune Larsson, SWE	163	346	
Richard Tout, NZ	163	286	iR

World track record:

→ Yiannis Kourous, 41, AU	188	1031	T
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World road record

→ rr-Yiannis Kourous, 42, AU	180	589	
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All-time, North America			
Rae Clark	165	427	
Park Barner	162	537	*
Kevin Setnes	160	749	R
Tom Possert	158	565	R
Bernd Heinrich, 43	156	1367	
David Luljak, 41	156	492	R
Cahit Yeter, 46	155	1182	
Roy Pirrung, 41	154	313	iR
Arthur Newton, 1931	152	540	i
Peter Holubar, CAN	150	1659	
Al Howie	150	354	
John Hughes, 1882	150		s
John Geesler	147	228	R

Brian Purcell	146	1584	s
Nick Marshall	146	528	Rs*
Don Jewell, 46	145	1115	R
Robert Van Deusen	145	408	
Tommy Taylor	144	1472	R
John Metz, 50	144		R
Scott Demaree	143	704	s
Lion Caldwell	143	392	
Ed Foley	143	238	
James Edmonson	143		
Steve Warshawer	142	598	
Danny Ripka, 40	142	523	R
John Prewitt	142	383	
Marshall Ulrich	142	153	
Luis Rios	140	756	
George Gardiner, 40	140	400	R

Age groups, world

→ 40-44 Yiannis Kourous, 41, AU	188	1031	T
45-49 Don Ritchie, GB	166	1203	
50-54 Tomas Rusek, 50, CZ	163	897	R
55-59 Dave Cooper, GB	155	676	R
60-64 Max Courtillon, 62, FR	149	91	iR
65-69 Geoff Oliver, GB	132	1543	T
70-74 Max Courtillon, 70, FR	120	669	
75-79 Ernie Warwick, GB	103	651	
80-84 Ernie Warwick, GB	86	1100	

Age groups, U.S.

40-44 Bernd Heinrich	156	1367	
45-49 Cahit Yeter	155	1182	
50-54 John Metz	144		R
55-59 Richard Rozier	139	429	R
60-64 Dwaine Batt	129	352	R
65-69 Ray Piva	120		R
70-74 Edson Sower	107	655	
75-79 Matt Miller	82	1354	
80-84 Edson Sower	63	445	

USA Ratified 24-Hour Records, Men

Track:			
Open: Rae Clark	165	427	
40-44 Bernd Heinrich	156	1367	
45-49 Roy Pirrung	147	1510	
50-54 Gard Leighton	136	1468	
55-59 Gard Leighton	131	507	
60-64 Carlton Mendell	125	1044	
65-69 Beacham Toler	112	187	
70-74 Edson Sower	107	655	
75-79 Matt Miller	90	393	
80-84 Edson Sower	63	445	

Road:			
Open: Kevin Setnes	160	749	
40-44 Roy Pirrung	154	40	
45-49 Roy Pirrung	153	1363	T
50-54 John Metz	144		
55-59 Gaylon Dodson	121	385	
60-64 Dwaine Batt	129	352	
65-69 Ray Piva	120		
70-74 Howard Henry	94	491	
75-79 Howard Henry	83	101	

All-time, women

Yelena Siderenkova, RUS	154	1161	i
Sigrid Lomsky, 51, GER	151	706	R
Irina Reutovich, RUS	150	1336	T
Eleanor Adams, 41, GB	149	411	
Hilary Walker, GB	146	1629	R
Sue Ellen Trapp, 47, US	145	506	R
Angela Mertens, BEL	144	395	R
Marie Bertrand, FRA	143	1502	R
Wynnie Cosgrove, NZ	143	368	R
Ann Trason, US	143	152	R
Helga Bachhaus, GER	142	942	R
→ Helen Stanger, 48, AU	142	604	
Marianne Savage, GB	141	1306	R
Monika Kuno, GER	141	132	R
Colette Musy, FRA	138	1409	R
Randi Bromka, 40, US	138	510	R
Tamara Merslikina, SU	137	1684	R
Christiane Lecerf, FRA	137	531	R
Sandra Barwick, NZ	137	21	
Svetlana Savoskina, RUS	135	836	

Anni Loenstad, DEN	135	534	R
Susan Olsen, US	134	1695	
Rosalyn Paul, GB	134	1089	s
Pascale Mahe, FRA	134	1042	R
Rinna Paltseve, RUS	134	621	
Waltraud Reisert, GER	133	1486	R
Sandra Brown, GB	133	1110	R
Anna Dyck, GER	133	1044	R
Monica Peter, GER	133	966	R
Lynn Fitzgerald, GB	133	939	

World Indoor record

Yelena Siderenkova, RUS 154 1161

All-time, North America

Sue Ellen Trapp, 47	145	506	R
Ann Trason	143	152	R
Randi Bromka, 40	138	510	R
Susan Olsen	134	1695	
Mary Hanudel	132	1299	
Lorna Richey	130	973	
Stephanie Ehret	128	1743	
Chris Hart	128	181	
Barbara Marquer	126	1371	
Sue Medaglia, 47	126	749	
Suzanne Gagnon, CAN	125	1513	R
Toni Belaustegui, 40	125	885	
Kathy Welch, 41	125		R
Karina Nequin	124	661	
Sylvia Andonie, MX	124		R
Lynn O'Malley, 41	123	1106	
Kay Moore, 42	122	186	R
Susie Lister	122		R
Debra Moore	121	714	R
Debbie Jones, 43	120	1284	
Bonnie Busch	120	994	R
Beverly Williams, CAN	120	649	

Age groups, world

40-44 Eleanor Adams, GB	149	411	
45-49 Sue Ellen Trapp, US	145	506	R
50-54 Sigrid Lomsky, GER	151	706	R
55-59 Gerda Schröder, GER	119	140	R
60-64 Françoise Lamothe, FR	114	760	R
65-69 Helen Klein, US	109	880	
70-74 Helen Klein, US	102	1300	R
75-79 Rosa Vögeli, SW	62	241	R*

Age groups, U.S.

40-44 Randi Bromka	138	508	R
45-49 Sue Ellen Trapp	145	505	
50-54 Sue Ellen Trapp	137	616	R
55-59 Ruth Anderson	110	439	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	
70-74 Helen Klein	102	1300	R

USA Ratified 24-Hour Records, Women

Track:		
Open: Sue Ellen Trapp	136	946
40-44 none		
45-49 Sue Ellen Trapp	136	946
50-54 Sue Ellen Trapp	132	1194
55-59 Ruth Anderson	110	440
60-64 Helen Klein	105	1294
65-69 Helen Klein	109	880

Road:		
Open: Sue Ellen Trapp	145	506
40-44 Randi Bromka	138	508
45-49 Sue Ellen Trapp	145	506
50-54 Sue Ellen Trapp	137	615
55-59 no record		
60-64 Sarann Mock	83	100
65-69 Sarann Mock	80	1430
70-74 Helen Klein	102	1300

200 Km

All-time, men			
Yiannis Kourou, 41, AU	15:10:27	sT	
rr-Yiannis Kourou, AU	15:32:39	T	
Don Ritchie, GB	16:19:16	s	
Wolfgang Schwert, GER	16:20:51	Rs	
Martin Daykin, GB	16:20:46	*	
Jean-Marc Bellocq, FR	16:26:00	Rs	
rr-Don Ritchie, GB	16:31:08	R	
Paul Beckers, BEL	16:51:33	R	

All-time, North America

Rae Clark	16:55:13	s	
Cahit Yeter, 46	17:44:27	s	
Kevin Setnes	18:02:30	Rs	
Roy Pirrung, 43	18:05:35	s	
Peter Holubar, CAN	18:28:58	s	
Bernd Heinrich, 43	18:30:11	s	
Tom Possert	18:40:07	Rs	
Robert Emmons	18:50:40	Rs	

Age groups, world

40-44 Yiannis Kourou, 41, AU	15:10:27	sT	
45-49 Don Ritchie, GB	16:19:16	s	
50-54 Helmut Schieke, GER	18:16:15	Rs	

55-59 Dave Cooper, GB	19:16:16	Rs	
60-64 Max Courtillon, FR	19:42:13	siR	
65-69 Geoff Oliver, GB	22:13:12		
70-75 Cliff Young, AU	42:11:47	T	
76-79 Drew Kettle, AU	42:38:51	T	

USA Ratified 200-Km Records, Men

Track:		
Open: Rae Clark	16:55:13	
40-44 Roy Pirrung	18:05:35	
45-49 Roy Pirrung	20:34:48	
50-54 Gard Leighton	21:07:11	
55-59 no record		
60-64 Carlton Mendell	23:39:47	

All-time, women

Eleanor Adams, 42, GB	19:00:31	sRi	
Sigrid Lomsky, GER	19:08:21	Rs	
Ann Trason, US	19:22:05	Rs	
rr-Elena Siderenkova, RUS	20:00:00		
Hilary Walker, GB	20:05:50	Rs	
Sue Ellen Trapp, 47, US	20:14:06	Rs	
Marianne Savage, GBR	20:23:06	T	
Angela Mertens, BEL	20:39:05	Rs	
Monika Kuno, GER	20:43:42	s	

All-time, North America

Ann Trason	19:22:05	Rs	
Sue Ellen Trapp, 47, US	20:14:06	Rs	
Sue Ellen Trapp, 45	21:08:47	s	
Randi Bromka	22:41:00	s	
Lorna Richey	23:01:57	s	
Sue Medaglia, 47	23:36:42	s	
Toni Belaustegui, 40	23:42:37		

Age groups, world

40-44 Eleanor Adams, GB	19:00:31		
45-49 Sue Ellen Trapp, US	20:14:06		
50-54 Sigrid Lomsky, GER	19:08:21		
55-59 Else Bayer, GER	27:46:38	T	
65-69 Françoise Lamothe, FRA	32:58:00	T	
70-75 Françoise Lamothe, FRA	38:27:41	T	

USA Ratified 200-Km Records, Women

Track:		
Open: Sue Ellen Trapp	21:08:47	
40-44 Toni Belaustegui	23:45:26	
45-49 Sue Ellen Trapp	21:08:47	
50-54 Mary Ann Miller	32:47:14	
55-59 Bev Nolan Cannata	45:54:10	

12 Hours

Men

Yiannis Kourou, GR	101	s	
Ferenc Gyori, HUN	100	831	*
Don Ritchie, GB	100	727	Ts
Derek Kay, SA	100		
Cavin Woodward, GB	100		

All-time, North America

Andy Jones	99	464	R
Rae Clark	98		s
Bernd Heinrich, 44	95	1216	Ts

Age groups, world

40-44 Derek Kay, SA	100		
45-49 Don Ritchie, GB	94	1226	T
50-54 Denis Weir, GB	88	1423	T
55-59 Gard Leighton, US	81	844	T
60-64 Cliff Young, AU	80	850	T
65-69 Ray Piva, US	74	1431	T
70-74 Max Courtillon, FR	68	1218	
75-79 Konrad Volkening, GER	62	241	
80-84 Ernie Warwick, GB	50	352	

USA Ratified 12-Hour Records, Men

Track:		
Open: Bernd Heinrich	95	1216
40-44 Bernd Heinrich	95	1216
45-49 Roy Pirrung	81	562
50-54 John Metz	85	538
55-59 Gard Leighton	81	844
60-64 Ephraim Romesberg	68	832

65-69 Ray Piva	74	1431
70-74 George Billingsley	52	1341
75-79 Matt Miller	50	1239
80-84 Edson Sower	42	297

Road:

Open: Rae Clark	98	
40-44 Roy Pirrung	90	
45-49 Roy Pirrung	84	1631
50-54 Ralph Balsamo	73	825
55-59 Bruce Boyd	72	79
60-64 Dwaine Batt	70	527
65-69 Ray Piva	69	
70-74 Burt Carlson	46	16
75-79 Ben Mostow	50	
80-84 Wilfredo Rios	45	1114

Women

Ann Trason, US	91	1258	T
Angela Mertens, BEL	87	831	
Eleanor Adams, GB	83	1339	T
Anni Loenstad, DEN	83	877	R
Anke Drescher, GER	83	786	
Hilary Walker, GB	83	682	Ts
Eleanor Adams, GB	83	555	

All-time, North America

Ann Trason	91	1258	T
Christiane Avin', 40	79	1658	
Lorraine Lees-McGeough	79	1587	T
Marcy Schwam	79	942	T
Sandra Kiddy	79	696	
Ellen McCurtin	79	137	

Age groups, world

40-44 Eleanor Adams, GB	83	1339	T
45-49 Angela Mertens, BEL	87	831	
50-54 Sandra Kiddy, US	75	1454	
55-59 Pat Bonner, GBR	64	401	T
60-64 Ursula Schmitz, GER	62	241	
65-69 Françoise Lamothe, FRA	62	241	

USA Ratified 12-Hour Records, Women

Track:		
Open: Ann Trason	91	
1258		
40-44 Lynn O'Malley	77	798
45-49 Sue Ellen Trapp	76	809
50-54 Sandra Kiddy	75	
1454		
55-59 Ruth Anderson	63	667
60-64 Dixie Madsen	56	662
65-69 Helen Klein	60	880

Road:

Open: Ann Trason	90	
40-44 Randi Bromka	79	
45-49 Sandra Kiddy	79	698
50-54 Sue Ellen Trapp	72	
1671		
65-69 Sarann Mock	47	247

100 Miles

All-time, men			
Don Ritchie, GB	11:30:51	T	
Cavin Woodward, GB	11:38:54	T	
Yiannis Kourou, GR	11:46:38	s	
Derek Kay, 40, SA	11:56:56	T	
Ferenc Gyori, HUN	12:00:00	*	
Tom O'Reilly, GB	12:02:32	T	
Andy Jones, CAN	12:05:43		
Rae Clark, US	12:12:19		
Dave Box, 41, SA	12:15:09	T	
Martin Daykin, GB	12:16:46		
David Dowdle, GB	12:17:09		
Ron Hopcroft, 40, GB	12:18:16	*	
Wally Hayward, 45, SA	12:20:08	*	
George Perden, AU	12:25:09	T*	
Bernd Heinrich, 44, US	12:27:01	T	

All-time, North America

Andy Jones, CAN	12:05:43		
Rae Clark	12:12:19		
Bernd Heinrich, 44	12:27:01	T	
Alfonso Anzaldo Meneses, MX	12:46:20		
José Cortez	12:54:31	*	
Stuart Mittleman	12:56:34	*	
Roy Pirrung	13:15:50	*	
Ray Scannell	13:16:02	*	
Terry Martin, CAN	13:18:25	*	
Lion Caldwell	13:19:12	*	
George Gardiner	13:22:10	T	

Ted Corbitt,49	13:33:06	T
Cahit Yeter,51	13:35:21	*
Don Marvel	13:36:35	*
Kevin Eagleton	13:40:28	

Age groups,world

40-44 Derek Kay,SA	11:56:56	T
45-49 Wally Hayward,SA	12:20:08	*
→ George Perdon,AU	12:25:09	T*
Don Ritchie,GB	12:44:29	Ts
50-54 Cahit Yeter,US	13:35:21	*
Denis Weir,GB	13:55:48	T
55-59 David Cooper,GB	15:14:35	Ts
→ 60-64 Cliff Young,AU	14:37:54	T
65-69 Geoff Oliver,GB	17:37:16	Ts
70-74 Max Jones,GB	18:16:49	T
75-79 Ernie Warwick,GB	23:05:53	Ts

Age groups,U.S.

40-44 Bernd Heinrich	12:27:01	T
45-49 Ted Corbitt	13:33:06	T
50-54 Cahit Yeter	13:35:21	*
Gard Leighton	14:56:19	Ts
55-59 Gard Leighton	16:05:30	T
60-64 Carlton Mendell	17:35:27	Ts
65-69 Ray Piva	18:33:36	s
70-74 Larry O'Neil	21:55:23	T*
Edson Sower	21:57:44	Ts

USA Ratified 100-Mile Records,Men

Track:

Open: Bernd Heinrich	12:27:01
40-44 Bernd Heinrich	12:27:01
45-49 Roy Pirrung	15:20:45
50-54 Gard Leighton	14:56:19
55-59 Gard Leighton	16:05:30
60-64 Carlton Mendell	17:35:27
65-69 no record	
70-74 Edson Sower	22:01:34

Road:

Open: Rae Clark	12:12:19
40-44 Roy Pirrung	13:15:50
45-49 Roy Pirrung	15:01:33
50-54 Andy Deters	17:12:42
55-59 Ed Rousseau	18:56:04
60-64 Dwaine Batt	18:02:35

All-time,women

Ann Trason,US	13:47:42	
Eleanor Adams,42,GB	14:43:40	si
Rae Bisschoff,SA	14:53:06	R
Hilary Walker,GB	14:49:34	
Sigrid Lomsky,51,GER	15:02:30	s
Sue Ellen Trapp,44,US	15:05:51	
Christine Barrett,GB	15:07:45	
Sandra Kiddy,49,US	15:12:54	
Monika Kuno,GER	15:27:46	Ts
Donna Hudson,US	15:31:57	*
Marianne Savage,GB	15:42:36	si
Lynn Fitzgerald,GB	15:44:21	Ts
Marcy Schwam,US	15:44:28	Ts
Randi Bromka,US	15:45:52	s
Winnie Cosgrove,HK	15:54:57	s
Sue Medaglia,48,US	15:55:17	*
Sue Olsen,US	15:55:24	Ts

All-time,North America

Ann Trason	13:47:42	
Sue Ellen Trapp,44	15:05:51	
Sandra Kiddy,49	15:12:54	
Donna Hudson	15:31:57	*
Marcy Schwam	15:44:28	Ts
Randi Bromka	15:45:52	s
Sue Medaglia,48	15:55:17	*
Sue Olsen	15:55:24	Ts
Natalie Cullimore	16:11:00	*
Christine Gibbons	16:41:26	
Ruth Anderson,48	16:50:47	T*
Kay Moore,44	16:54:01	
Linda Elam,43	16:58:45	Ts
Lynn O'Malley,41	17:11:53	Ts
Kim Goosen	17:41:02	
Sue Summerhays-King	17:52:39	T
Chrissy Duryea	17:53:10	
Beth Ann Rouleau	18:01:41	
Lorna Richey	18:14:18	
Jennifer Henderson	18:16:52	
Chris Hart	18:18:53	Ts
Samara Balfour	18:23:54	*
Karina Nequin	18:26:48	s
Antana Locs,CAN	18:27:07	

Age groups,world

40-44 Eleanor Adams,GB	14:43:40	si
45-49 Sandra Kiddy,US	15:12:54	
50-54 Sigrid Lomsky,GER	15:02:30	s
55-59 Gerda Schröder,GER	19:39:20	
60-64 Françoise Lamothe,FR	20:47:35	s
65-69 Helen Klein,US	21:03:01	Ts
70-74 Helen Klein,US	23:29:34	s

Age groups,U.S.

40-44 Sue Ellen Trapp	15:05:51	
45-49 Sandra Kiddy	15:12:54	
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	Ts
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts
70-74 Helen Klein	23:29:34	s

USA Ratified 100-Mile Records,Women

Track:

Open: Ann Trason	14:29:44
40-44 Lynn O'Malley	17:11:53
45-49 Sue Ellen Trapp	16:08:55
50-54 Marty Maricle	19:26:04
55-59 Ruth Anderson	20:54:24
60-64 Helen Klein	22:15:26
65-69 Helen Klein	21:03:07

Road:

Open: Ann Trason	13:47:42
40-44 Sue Ellen Trapp	15:05:52
45-49 Sandra Kiddy	15:12:54
50-54 Sue Ellen Trapp	16:57:58
55-59 no record	
60-64 no record	
65-69 no record	
70-74 Helen Klein	23:29:34

100 Km

All-time,men,certified

rr-Don Ritchie,GB	6:10:20	T
Takahiro Sunada,JPN	6:13:33	
Jean-Paul Praet,BEL	6:15:30	
rr-Jean-Paul Praet,Bel	6:16:41	R
Valmir Nunes,BRA	6:18:09	
Alexey Volgin,RUS	6:20:44	
Aleksander Masarigin,RUS	6:20:59	
Konstantin Santalov,RUS	6:22:28	
Jaraslaw Janicki,POL	6:22:33	
Grigori Murzin,RUA	6:23:29	
Kazimierz Bak,GER	6:24:29	
Yashfumi Mikami,JP	6:24:56	
Bruce Fordyce,SA	6:25:07	
Jiri Jelinek,CZ	6:25:19	
Segei Yanenko,UKR	6:25:25	
Cavin Woodward,GB	6:25:28	Ts
Jean-Marc Bellocq,FR	6:26:13	
Kiminari Kondo,JPN	6:26:23	
Shaun Meiklejohn,SA	6:26:58	
Rainer Muller,GER	6:27:20	
Andrzej Magier,POL	6:27:29	
Tim Sloan,AU	6:29:25	
Karl-Heinz Doll,GER	6:29:34	

Uncertified additions

Vaclav Kamenik,CZ	6:17:56	*
Jan Szumiec,POL	6:17:57	*
Alexey Volgin,RUS	6:18:49	*
Domingo Catalan,SP	6:19:35	*

All-time,North America,certified

Tom Johnson	6:30:11	
Andy Jones,CAN	6:33:57	
Richard Chouinard,CAN	6:36:57	
Allan Kirik	6:37:54	
Bernd Heinrich,41	6:38:21	
Stefan Pekner,CAN	6:41:05	
Charles Trayer	6:41:47	
Rich Hanna	6:42:09	
Sean Crom	6:45:35	
Tom Zimmerman	6:45:46	
Barney Klecker	6:50:43	
Frank Bozanich	6:51:20	
Alfonso Anzaldo Meneses,MEX	6:51:52	T
Carl Andersen	6:54:25	
Bryan Hacker	6:55:10	
Rae Clark	6:56:43	
James Garcia	6:57:21	
Kevin Setnes	6:58:06	

Uncertified North American additions

Bill DeVoe	6:54:56	*
Stuart Mittleman	6:57:49	*
John Coffey	6:58:54	*
Ray Scannell	6:59:25	*
Max White	6:59:45	*

Age groups,world

40-44 Domingo Catalan,SP	6:30:37	
45-49 Roland Vuilleminot,FR	6:30:35	
50-54 Roland Vuilleminot,FRA	6:43:33	R
55-59 Kurt Engänder,GER	7:10:51	
60-64 Peter Köhn,GER	8:03:52	
65-69 Wil Van der Lee,HOL	8:07:22	
70-74 Max Courtillon,FR	8:53:45	
75-79 Horst Feiler,BER	11:41:58	T
80-84 Helmut Gnosa,GER	15:32:37	R
85-89 Johann Schauer,SW	21:06:25	R
40+ track: Don Ritchie,GER	6:46:10	T

Age groups,U.S.

40-44 Bernd Heinrich	6:38:21	
45-49 Bernd Heinrich	7:00:12	T
50-54 John Sullivan	7:38:43	
55-59 Gardner Leighton	8:34:53	T
60-64 Ray Piva	8:58:04	
65-69 Ray Piva	9:24:41	
70-74 Carlton Mendell	11:27:10	
75-79 Edson Sower	19:37:09	s
80-84 Edson Sower,US	23:22:07	Ts

USA Ratified 100-Km Records,Men

Track:

Open: Bernd Heinrich	7:00:12	
40-44 Warren Finke	7:14:17	
45-49 Bernd Heinrich	7:00:12	
50-54 Ted Corbitt	8:39:27	
55-59 Lary Webster	10:03:02	
60-64 Carlton Mendell	10:41:08	
65-69 Ray Piva	9:30:31	
70-74 Edson Sower	12:13:19	
80-84 Edson Sower,US	23:22:07	Ts

Road:

Open: Tom Johnson	6:30:11
40-44 Bernd Heinrich	6:38:21
45-49 Robert Perez	7:18:27
50-54 John Sullivan	7:38:43
55-59 Ron Kovacs	9:21:53
60-64 Ray Piva	8:58:04
65-69 Ray Piva	9:24:41
70-74 no record	
75-79 Howard Henry	16:23:00

All-time,women,certified

Ann Trason,US	7:00:48	
Noriko Kawaguchi,JPN	7:11:42	
Birgit Lennartz,GER	7:18:57	
Maria Auxiliadora,BRA	7:20:22	
Valentina Liachova,RUS	7:22:18	
Edit Berces,HUN	7:26:47	
Carolyn Hunter-Rowe,GB	7:27:19	
Valentina Schatyaeva,RUS	7:27:39	
Maria Bak,GER	7:30:32	
Helena Joubert,SA	7:31:47	
Donna Perkins,US	7:33:46	
Irina Petrova,18,RUS	7:34:05	
Alcira Portela Lario,POR	7:34:27	
Marta Vass,HUN	7:37:05	
Martine Cubizolles,FRA	7:38:56	
Isabelle Olive,FR	7:40:09	
Linda Meadows,AU	7:40:57	
Rene DuPlessis,RSA	7:41:52	
Trudi Thomson,GB	7:42:17	
Chrissy Duryea,US	7:44:23	
Nurzia Bagmanova,RUS	7:44:37	
Charlotte Noble,RSA	7:44:38	
Tanja Schafer,GER	7:45:39	
Svetlana Savoskina,RUS	7:45:43	
Huguette Jouault,FRA	7:46:42	
Sybilie Mollensiep,GER	7:46:54	
Yelena Siderenkova,RUS	7:48:25	

Uncertified addition

Irina Petrova,RUS	7:22:55	*
Chantal Langlacé,FR	7:26:01	*

All-time,North America,certified

Ann Trason	7:00:48	
Donna Perkins	7:33:46	
Chrissy Duryea	7:44:23	
Marcy Schwam	7:47:29	
Sandra Kiddy,47	7:49:17	

Kris Clark-Setnes	7:55:55
Ashley Evans,CAN	8:02:59
Sue Ellen Trapp	8:05:26
Kathy D'Onofrio-Wood	8:08:43
Danielle Cherniak	8:11:01
Ellen McCurtin	8:16:53
Lorraine Gersitz	8:20:09
Theresa Daus-Weber	8:22:38
Sue Kainulainen,CAN	8:29:44
Lorraine Lees-McGeough,CAN	8:32:23
Suzie Lister	8:32:57
Debbie Peebles	8:35:26
Jackie Davis	8:39:02
Randi Bromka	8:40:07
Jennifer Johnston	8:40:29
Susan Olsen	8:40:48
Carole Williams	8:41:19
Janice DeHaye	8:42:22
Shelby Hayden-Clifton	8:43:44

Age groups,world

40-44 Nadiezhda Gumierova,RUS	7:46:44
45-49 Huguette Jouault,FRA	7:46:53
50-54 Daniele Geoffroy,FR	7:54:23
55-59 Sandra Kiddy,US	8:42:36
60-64 Ursula Schmitz,GER	9:20:07
65-69 Françoise Lamothe,FR	11:24:23
70-74 Helen Klein,US	12:50:49
75-79 Rosa Vögeli,SW	15:38
80-84 Ann Guarnieri Ortolani,IT	19:34:59

Age groups,U.S.

40-44 Sue Ellen Trapp	8:38:44
45-49 Sandra Kiddy	7:49:17
50-54 Sandra Kiddy	8:46:11
Sandra Kiddy	9:16:28
55-59 Sandra Kiddy	8:42:36
60-64 Ruth Anderson	11:30:58
65-69 Shirley Young,AU	10:47:13
70-74 Helen Klein	12:50:49

USA Ratified 100-Km Records,Women

Track:	
Open: Ann Trason	7:50:08
40-44 Lynn O'Malley	9:13:12
45-49 Sue Ellen Trapp	9:43:25
50-54 Sandra Kiddy	9:16:28
55-59 Ruth Anderson	11:11:04
60-64 Helen Klein	12:56:41
65-69 Helen Klein	12:17:41

Road:	
Open: Ann Trason	7:00:48
40-44 Lorraine Gersitz	8:33:07
45-49 Sandra Kiddy	7:59:59
50-54 Eileen Eliot	9:50:35
55-59 Sandra Kiddy	8:42:36
60-64 Ruth Anderson	11:30:58
65-69 Helen Klein	12:09:17
70-74 Helen Klein	12:50:49

50 Miles

All-time,men

Bruce Fordyce,GB/SA	4:50:21	s
Barney Klecker,US	4:51:25	
Don Ritchie,GB	4:51:49	T
Andrew Jones,CAN	4:54:59	
Risto Laitinen,FIN	4:57:28	*
Cavin Woodward,GB	4:58:53	T

All-time,North America

Barney Klecker	4:51:25	
Andrew Jones,CAN	4:54:59	
Erik Seedhouse,CAN	5:04:18	s
Don Paul	5:09:58	
Stefan Fekner,CAN	5:10:09	
Bernd Heinrich,41	5:10:13	s
Bill DeVoe	5:12:35	
Jim Pearson	5:12:40	
Stuart Mittleman	5:14:05	*
Frank Bozanich	5:14:36	
Fritz Mueller',43	5:14:54	
Bob Deines	5:15:20	

Age groups,world

40-44 Don Ritchie,GB	5:07:08	s
45-49 Tom Richards,GB	5:12:37	s*
Don Ritchie,GB	5:14:15	
50-54 Ted Corbitt,US	5:35:03	*
Don Ritchie,GB	5:37:17	T

55-59 Alex Ratelle,US	5:53:08	
60-64 Frans Pauwels,US	6:24:18	
65-69 Gerhard Kohl	6:38:01	Ts
70-74 Randall Hughes,AU	7:43:28	T
75-79 Horst Feiler,GER	8:50:48	Ts
80-84 Ernie Warwick,GB	11:56:28	

Age groups,U.S.

40-44 Bernd Heinrich	5:10:13	s
45-49 Roger Rouiller	5:29:44	
50-54 Ted Corbitt	5:35:03	
55-59 Alex Ratelle	5:53:08	
60-64 Frans Pauwels	6:24:18	
65-69 Ray Piva	7:17:46	s
70-74 George Billingsley	8:36:02	Ts
75-79 Matt Miller	10:18:03	

USA Ratified 50-Mile Records,Men

Track:	
Open: Ken Moffitt	5:21:22
40-44 Peter Jeffers	5:42:03
45-49 Bernd Heinrich	5:34:24
50-54 Fred Nagelschmidt	6:39:34
55-59 Fred Nagelschmidt	6:55:02
60-64 Paul Reese	7:16:30
65-69 Ray Piva	7:20:01
70-74 George Billingsley	8:36:02

Road:	
Open: Barney Klecker	4:51:25
40-44 Bernd Heinrich	5:10:13
45-49 Robert Perez	5:40:05
50-54 Ted Corbitt	5:35:03
55-59 Alex Ratelle	5:53:08
60-64 Malcolm Gillis	6:43:48
65-69 Fred Nagelschmidt	7:27:10
70-74 Ray Piva	7:48:58
75-79 Matt Miller	10:34:06
All-comers: Bruce Fordyce,SA	4:50:51

All-time,women

Ann Trason,US	5:40:18	
Valentina Lyachova,RUS	5:55:41	T
Donna Perkins,US	5:55:45	
Carolyn Hunter-Rowe,GB	5:57:58	
Marcy Schwam,US	5:59:26	
Kim Moody,US	6:01:53	
Leslie Watson,GB	6:02:37	*
Eleanor Adams,GB	6:04:00	
Mary Morgan,AU	6:07:29	
Linda Meadows,AU	6:07:58	T
Sandra Kiddy,47,US	6:09:09	
Ann Franklin,GB	6:10:24	s
Huguette Jouault,FRA	6:12:07	T
Hilary Walker,GB	6:12:11	T
Daniele Cherniak,US	6:13:44	
Marina Byachova,RUS	6:17:12	T
Monika Kuno,GER	6:17:30	Ts
Jan Kreuz,41,US	6:19:05	

All-time,North America

Ann Trason	5:40:18	*
Donna Perkins	5:55:45	
Marcy Schwam	5:59:26	
Kim Moody	6:01:53	
Sandra Kiddy,47	6:09:09	
Daniele Cherniak	6:13:44	
Jan Kreuz,41	6:19:05	
Ellen McCurtin	6:19:59	
Chrissy Duryea	6:22:31	
Katey Angel	6:25:49	
Sue Ellen Trapp	6:25:56	s
Ashley Evans,CAN	6:26:44	Ts
Karen Smith-Rohrberg	6:29:29	
Chris Gibbons	6:31:35	
Debbie Peebles	6:35:27	
Nina Kuscsik	6:35:54	
Mary Hanudel	6:36:13	*
Bobbie Dixon	6:37:53	
Denise Green	6:38:16	

Age groups,world

40-44 Jan Kreuz,US	6:19:05	
45-49 Sandra Kiddy,US	6:09:09	
50-54 Sandra Kiddy,US	6:34:28	T
55-59 Paulette Echevarne,FRA	7:36:44	T
60-64 Shirley Young,AU	7:32:44	T
65-69 Shirley Young,AU	7:55:08	T
70-74 Helen Klein,US	9:55:09	Rs

Age groups,U.S.

40-44 Jan Kreuz	6:19:05
45-49 Sandra Kiddy	6:09:09

50-54 Sandra Kiddy	6:34:28
55-59 Mary Ann Miller	7:44:48
60-64 Marcie Trent	8:15:17
Helen Klein	9:01:38
65-69 Helen Klein	9:13:50
70-74 Helen Klein	9:55:09

USA Ratified 50-Mile Records,Women

Track:	
Open: Donna Perkins	6:09:28
40-44 Lynn O'Malley	7:11:39
45-49 Sue Ellen Trapp	7:39:31
50-54 Sandra Kiddy	7:08:28
55-59 Ruth Anderson	8:25:03
60-64 Dixie Madsen	9:46:37
65-69 Helen Klein	9:39:33

Road:	
Open: Ann Trason	5:40:18
40-44 Jan Kreuz	6:19:05
45-49 Sandra Kiddy	6:09:09
50-54 no record	
55-59 Mary Ann Miller	7:44:48
60-64 Sarann Mock	12:06:59
65-69 Helen Klein	9:04:31
70-74 Helen Klein	9:55:09

50 Km

All-time,men

Thompson Magawana,SA	2:43:38	s
Zithuliele Sinque,SA	2:47:39	Rs
Eric Mhlonogo,RSA	2:48:06	Rs
Jeff Norman,GB	2:48:06	T
Ben Choeu,SA	2:48:52	
Zoka Neube,RSA	2:49:30	R
Simang Mokibe,RSA	2:50:26	Rs
Andrew Kelehe,RSA	2:50:27	Rs
Dmitri Grishin,RUS	2:50:28	s
Don Ritchie,GB	2:50:30	T
Miltas Tshabalala,SA	2:50:45	R
Chuck Smead,US	2:50:46	*
Don Paul,US	2:50:55	
William Mtolo,RSA	2:50:57	s
Thabiso Mqohali,RSA	2:50:58	s
Johnny Halberstadt,SA	2:51:16	*
Paul Makhoatlhe,SA	2:51:21	R
Moses Lebakeng,SA	2:51:22	R
Mandla Mkhathshwa,RSA	2:51:32	s
Barney Klecker,US	2:51:53	
Fusi Nhlapo,SA	2:52:05	Rs
Johannes Thobejane,SA	2:52:13	s
Willie Farrell,SA	2:52:16	*
Bill Scobey,US	2:52:24	*

All-time,North America

Chuck Smead	2:50:46	*
Don Paul	2:50:55	
Barney Klecker	2:51:53	
Bill Scobey	2:52:24	*
Tom Fleming	2:52:30	*
Andrew Jones,CAN	2:53:20	s
Carl Swift	2:53:54	*
John Viitanen,CAN	2:54:11	
Richard Holloway	2:55:54	
John Cederholm	2:56:43	
Kaj Johansen	2:57:00	
Carlos Talbott	2:58:09	
Fritz Mueller',42	2:58:20	
Bill McDermott	2:58:35	
Ken Moffitt	2:58:46	
Bruce Mortensen,44	2:59:36	
Jeff Wall	3:00:00	

Age groups,world

40-44 Jeff Norman,GB	2:53:21	
Tim Johnston,GB	2:55:07	T
45-49 Stephen Moore,GB	3:04:48	Ts
50-54 Stephen Moore,50,GB	3:06:08	
55-59 Otho Perkins,US	3:17:26	T
60-64 Alec Dunn,GB	3:35:11	T
65-69 Bob Emmerson,65,GB	3:44:53	
70-74 Randall Hughes	4:16:50	T
75-79 Ken Matchett,75,AU	4:52:13	T
80-84 Ernie Warwick,GB	6:29:51	
85-89 Charles Benovoy,CAN	14:50:01	Ts

Age groups,U.S.

40-44 Fritz Mueller'	2:58:20
Bruce Mortensen	2:59:36

45-49 Mel Williams	3:10:15	
50-54 Fred Kiddy' John Sullivan	3:15:39 3:19:33	
55-59 Otho Perkins	3:17:26	T
60-64 Malcolm Gillis	3:35:51	
65-69 Ray Piva	3:50:02	
70-74 Ed Benham	4:34:51	
75-79 Ed Benham	5:03:38	
80-84 Edson Sower	7:31:40	Ts

USA Ratified 50-Km Records, Men

Track:		
Open: Barney Klecker	2:52:48	
40-44 John Loeschhorn	3:11:35	
45-49 Joe Schieffer	3:24:24	
50-54 Walter Connolly	3:47:09	
55-59 Otho Perkins	3:17:26	
60-64 Fred Nagelschmidt	3:49:47	
65-69 George Billingsley	4:09:07	
70-74 George Billingsley	4:45:34	
75-79 George Billingsley	5:43:39	

Road:		
Open: Jeff Wall	3:00:00	
40-44 Jeff Wall	3:00:00	
45-49 Roy Pirrung	3:34:31	
50-54 John Sullivan	3:19:33	
55-59 Ken Young	3:51:10	
60-64 Malcolm Gillis	3:35:51	
65-69 Victor Harkoff	4:10:34	
70-74 Frank Rodriguez	6:37:13	
75-79 Ed Benham	5:03:38	
80-84 Wilfredo Rios	6:59:34	

All-time, women

Frith van der Merwe, SA	3:08:39	s
Janis Klecker, US	3:13:51	
Maria Bak, GER	3:16:36	
Carolyn Hunter-Rowe, GBR	3:18:52	Ts
Monica Drogmoller, RSA	3:18:55	T
Linda Edgar, US	3:21:27	*
Liz Eglington, RSA	3:22:00	s
Trudi Thomson, GBR	3:23:23	s
Mary Bange, US	3:23:31	*
Lorraine Moller, NZ	3:23:57	a
Jowaine Parrott, RSA	3:24:11	s
Helena Joubert, RSA	3:25:48	R
Rene de Plessis, SA	3:26:33	R
Carolyn Hunter-Rowe, GB	3:26:44	Ts
Jan Arenz, US	3:26:47	
→ Madeleen Otto, RSA	3:27:01	s
Linda Meadows, AU	3:27:22	
Birgit Lennartz, GER	3:27:23	Rs
Eniko Feher, HUN	3:28:13	s
Lizanne Holmes, RSA	3:28:31	s
→ Sandra Timmer-Arends, AU	3:29:04	R
Helene Joubert, SA	3:29:50	R
Berna Daly	3:29:51	Rs
Ricarda Botzon, GER	3:29:52	

All-time, North America

Janis Klecker	3:13:51	
Ann Trason	3:20:23	T
Linda Edgar	3:21:27	*
Mary Bange	3:23:31	*
Jan Arenz	3:26:47	
Sandra Kiddy, 47	3:32:24	
Donna Perkins, 38	3:36:07	Ts
Gail Volk	3:37:06	*
Christine Gibbons	3:37:13	
Chris Iwahashi	3:37:48	

Age groups, world

40-44 Jan Kreuz, US	3:34:31	
45-49 Sandra Kiddy, US	3:32:34	
50-54 Lavinia Petrie	3:50:15	T
55-59 Sandra Kiddy, US	3:56:55	
60-64 Ursula Schmitz, GER	4:11:34	
65-69 Shirley Young, AU	4:38:22	T
70-74 Helen Klein, US	5:44:04	Rs

Age groups, U.S.

40-44 Jan Kreuz	3:34:31	
45-49 Sandra Kiddy	3:32:34	
50-54 Matilee Christman	4:15:12	
55-59 Sandra Kiddy	3:56:55	
60-64 Myra Rhodes	4:39:46	
65-69 Josephine Hess	5:11:50	
70-74 Helen Klein	5:44:04	Rs

USA Ratified 50-Km Records, Women

Track:		
Open: Ann Trason	3:20:23	

40-44 Lynn O'Malley	4:15:43
45-49 Sue Ellen Trapp	4:40:11
50-54 Beryl Skelton	4:54:56
55-59 Ruth Anderson	5:00:18
60-64 Dixie Madsen	5:40:01
65-69 Helen Klein	5:44:45

Road:		
Open: Janis Klecker	3:13:51	
40-44 Jan Kreuz	3:44:32	
45-49 Sandra Kiddy	3:32:34	
50-54 no record		
55-59 Sandra Kiddy	3:56:55	
60-64 Sarann Mock	6:39:01	
65-69 Jan Richards	5:09:36	
70-74 Helen Klein	5:44:04	

Canada

6 days, men

David Bennett, 1891	540	1320	i
Michel Careau, 53	539	1689	i
Trishul Cherns	538	189	i
Al Howie'	514		Rs
Ephraim Clow, 1881	502		i
Ephraim Lacouse, 1881	501	275	i

6 days, women

Antana Locs	452		Rs
Barbara McLeod, 55	404		Rs
Maggie Rowell, 1879	387		i
Dhvaja Dorn	378		Rs
Mary Ann Trusz	373		Rs
Neli Lozej	370		Rs

48 hours, men

Trishul Cherns	221	230	
Richard Lacouse, 1881	218	352	si
Ephraim Clow, 1881	215		si
Michel Careau, 53	210	105	si
Peter Holubar, 47	210		R
David LaPierre, 52	205	152	
George Guyon, 1879	200		is

48 hours, women

Bev Williams	191	1470	i
Antana Locs	180		Rs
Barbara McLeod, 52	177	137	i

24 hours, men

Arthur Newton'	152	540	i
Peter Holubar	150	1659	
Al Howie'	150	352	
Esmond Mah	136	1299	
Ron Gehl	136	445	
David LaPierre, 45	134	522	

24 hours, women

Suzanne Gagnon, CAN	125	1513	R
Beverley Williams	120	649	
Barbara McLeod, 51	113	1126	Ti

100 miles, men

Andy Jones	12:05:43	R
Terry Martin, 43	13:18:25	
Peter Holubar	14:03:23	Ts
Al Howie'	14:06:18	T
Mike McNamara'	14:09:45	i
Norm Patenaude	15:07:23	

100 miles, women

Antana Locs	18:27:07	
Lorraine Lees-McGeough	18:49:24	
Suzanne Gagnon	18:56:39	Ts
Beverley Williams	19:08:18	Ts
Barbara McLeod, 50	19:10:50	

12 hours, men

Andy Jones	99	464	R
Terry Martin, 43	92	447	s
Peter Holubar	87	1735	Ts

12 hours, women

Lorraine Lees-McGeough	79	1587	T
Beverley Williams	75	612	T
Antana Locs	74	1618	
Sue Kainulainen	74	64	T

100 km, men

Eric Seedhouse	6:33:03
Andy Jones	6:33:57
Richard Chouinard	6:36:57
Stefan Fekner	6:41:05
Terry Boese	7:09:57

100 km, women

Ashley Evans	8:02:59
Sue Kainulainen	8:28:14
Lorraine Lees-McGeough	8:32:23
Suzanne Gagnon	8:50:28

50 miles, men

Andy Jones	4:54:59	
Erik Seedhouse	5:04:18	s
Stefan Fekner	5:10:09	
Al Howie'	5:35:12	
Graeme Magor	5:36:20	
Steve King	5:36:23	
Steve Barr	5:39:44	
Dominik Machek	5:41:48	
Terry Martin, 40	5:46:56	

50 miles, women

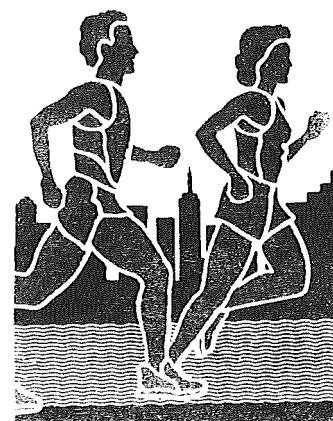
Ashley Evans	6:26:44	Ts
Sue Kainulainen	6:45:39	s
Lorraine Lees-McGeough	6:48:36	
Nola Patterson	6:55:29	
Mary Jane Henning	6:58:03	
Tess Porter	7:10:20	
Betty-Ann Schipper	7:15:53	

50 km, men

Andy Jones	2:53:20	s
John Viitanen	2:54:11	
Erik Seedhouse	2:56:55	T
Stefan Fekner	3:03:34	s
Graeme Magor	3:12:57	

50 km, women

Lorraine Lees-McGeough	3:50:44
Wanda Cousineau	3:54:46
Tess Porter	3:58:26



AUSTRALIAN RANKINGS FOR
6HRS TRACK

Rank	Name	State	PB for 6HRS	Place	Date	at Age
1	BADIC, Safet	VIC	87.372km	KNOX	30/10/94	34
2	JACOBS, Trevor	ACT	83.600km	EAST BURWOOD	21/06/92	40
3	KOUROS, Yiannis	VIC	83.600km	COBURG	8/4/95	39
4	DUCK, John	VIC	81.332km	KNOX	30/10/94	42
5	CORNTHWAITE, Ian	VIC	79.499km	MOE	1/12/96	34
6	WILSON, Greg	VIC	78.426km	BURWOOD	25/10/92	40
7	SMITH, Jeff	VIC	77.083km	BURWOOD	27/06/91	41
8	DIETACHMAYER, Tony	VIC	76.707km	BURWOOD	25/10/92	29
9	BOASE, Geoff	QLD	76.439km	KNOX	30/10/94	43
10	STANDEVEN, David	SA	76.140km	FRANKSTON	30/04/94	42
11	MEDILL, Graham	QLD	75.458km	IPSWICH	18/04/92	44
12	FRANCIS, Mick	WA	74.519km	BUNBURY	4/3/95	36
13	SKROBALAC, Joe	VIC	73.562km	BURWOOD	27/10/91	39
14	MARSHALL, Kelvin	VIC	73.555km	MOE	30/11/97	33
15	ALEXANDER, Keith	VIC	72.752km	COBURG	27/02/93	
16	CURTIS, Bob	VIC	72.563km	BURWOOD	25/10/92	50
17	GRAY, Peter	VIC	72.258km	BURWOOD	27/10/91	27
18	SIMMONS, Brian	VIC	72.199km	BURWOOD	24/10/93	
19	LOVE, Greg	NSW	71.060km	WOLLONGONG	26/03/94	
20	JOANNOU, Bill	NSW	70.644km	COBURG	27/02/93	36
21	VESNAVER, John	WA	70.387km	BUNBURY	7/3/98	46
22	TORRE, Joe		70.064km			
23	WON, Kar	WA	69.811km	PERTH	30/05/92	
24	BOHNKE, Michael	NSW	69.770km	EAST BURWOOD	27/10/91	37
25	SMITH, Bryan	VIC	69.660km	TOOTGAROOK	2/5/93	49
26	GIBSON, Peter	QLD	69.330km	CENTENARY LAKES	6/1/96	40
27	CAMPBELL, Ron	VIC	68.984km	BURWOOD	25/10/92	49
28	CASSIDY, Kevin	VIC	68.695km	COBURG 6 HR	18/07/98	37
29	GAYNOR, Brendon	WA	68.626km	BUNBURY	4/3/95	44
30	QUINN, Peter	VIC	68.518km	BURWOOD	28/10/90	40
31	BELL, John	VIC	68.474km	EAST BURWOOD	27/10/91	47
32	WRIGHT, Doug	WA	68.301km	BUNBURY	2/4/94	48
33	DYE, Dave	WA	68.250km	BUNBURY	7/3/98	40
34	SILL, David	NSW	68.000km	BURWOOD	19/06/93	46
35	HEPBURN, Brickley	VIC	67.732km	OLYMPIC P	4/8/90	39
36	DE FANIS, Sam	VIC	67.671km	BURWOOD	24/10/92	44
37	CORMACK, George	VIC	67.281km	WOLLONGONG	1/4/95	44
38	GRAYLING, Michael	VIC	66.946km	MOE	1/12/96	40
39	ARMISTEAD, Peter	VIC	66.825km	FRANKSTON	30/04/94	48
40	DYBDAHL, Bjorn	WA	66.693km	BUNBURY	7/3/98	44
41	BEAUCHAMP, William	VIC	66.358km	BURWOOD	25/10/92	47
42	MARIS, Tony	WA	66.348km	BUNBURY	29/02/92	
43	JACKSON, Brian	WA	66.294km	BUNBURY	7/3/98	31
44	CROUCH, Lawrence	VIC	65.993km	BURWOOD	24/10/93	53
45	DUFFELL, Geoff	VIC	65.936km	BURWOOD	24/10/93	42
46	BLYTHE, Geoff	WA	65.913km	BUNBURY	7/3/98	42
47	FICKEL, Bob	NSW	65.279km	WOLLONGONG	1/4/95	43
48	FARNHAM, Tony	NSW	65.250km	WOLLONGONG	26/03/94	48
49	KIP.MELHAM, Anyce	NSW	65.200km	WOLLONGONG	1/4/95	
50	KILLNER, Roger	WA	64.954km	PERTH	30/05/92	
51	SZALEK, Mike	WA	64.765km	BUNBURY	6/3/99	39
52	DUCKWORTH, Steve	VIC	64.625km	BURWOOD	24/10/93	40
53	McCLOSKEY, Ian	QLD	64.602km	CABOOLTURE	4/1/97	45
54	HERPICH, Ludwig	NSW	64.400km	WOLLONGONG	26/03/94	
55	HARPER, John	VIC	64.303km	KNOX	30/10/94	47
56	MEALEY, John	WA	63.927km	BUNBURY	4/3/95	45
57	FRENCH, Cliff	QLD	63.870km	CENTENARY LAKES	6/1/96	52

58	LOMBARDI, Rudy	VIC	63.737km	EAST BURWOOD	27/10/91	28
59	KELLAR, Chris		63.681km	EAST BURWOOD	24/10/93	
60	TAYLOR, Maurice	NSW	63.647km	IPSWICH	18/04/92	43
61	RICHERS, Ken	VIC	63.640km	MOE	1/12/96	44
62	VISSER, Jeff	VIC	63.585km	TOOTGAROOK	2/5/93	29
63	DONNELLY, Bruce	QLD	63.510km	WOLLONGONG	26/03/94	
64	HUGHES, Randall	VIC	63.354km	BURWOOD	25/10/92	68
65	SAYERS, Bob	VIC	63.180km	FRANKSTON	30/04/94	52
66	EVANS, Brian	QLD	62.957km	CABOOLTURE	4/1/97	54
67	JENKINS, Rick	VIC	62.955km	EAST BURWOOD	27/10/91	38
68	MORELY, Darren	QLD	62.880km	IPSWICH	18/04/92	
69	WALKER, Shane	WA	62.849km	BUNBURY	6/3/99	37
70	ROONEY, James	NSW	62.800km	WOLLONGONG	26/03/94	41
71	DUNN, Stephen	SA	62.619km	BUNBURY	2/4/94	27
72	DAVIES, John	WA	62.560km	BUNBURY	7/3/98	53
73	ALFORD, Graeme	VIC	62.538km	EAST BURWOOD	28/10/90	30
74	ALFORD, Graeme		62.538km	EAST BURWOOD	28/10/90	
75	SUTTON, Denis	WA	62.483km	BUNBURY	2/4/94	44
76	LEONARD, Simon	WA	62.431km	BUNBURY	2/4/94	34
77	BOYLE, Brad	NSW	62.430km	MOE	1/12/96	36
78	WOODS, Peter	VIC	62.049km	COBURG	27/02/93	
79	PRITCHARD, Mark	WA	62.033km	BUNBURY	2/4/94	46
80	JENSEN, Hans		61.807km	EAST BURWOOD	28/10/90	
81	GIBBS, Ian	WA	61.800km	BUNBURY	7/3/98	40
82	ZUKOWSKI, Jerry	SA	61.655km	BUNBURY	6/3/99	46
83	GRIXTI, Peter	VIC	61.502km	MOE	29/11/98	49
84	HOOK, Geoff	VIC	61.391km	KNOX	30/10/94	49
85	WITT, Alan	VIC	61.267km	BURWOOD	27/10/91	45
86	HENRICKS, Bob	QLD	61.055km	CABOOLTURE	4/1/97	51
87	BAZELEY, Gavin	QLD	60.567km	IPSWICH	18/04/92	29
88	HARTLEY, Ernest	VIC	60.490km	BURWOOD	27/10/91	41
89	BLACKMAN, Fred	VIC	60.435km	EAST BURWOOD	28/10/90	
90	BURNS, Bob	QLD	60.321km	IPSWICH	18/04/92	48
91	SINFELD, Peter	QLD	60.283km	CABOOLTURE	4/1/97	36
92	PARSONS, Gary	QLD	60.220km	CENTENARY LAKES	6/1/96	46
93	FORSYTH, Gordon	NSW	59.996km	MOE	29/11/98	
94	BAXTER, Bill	VIC	59.692km	EAST BURWOOD	27/10/91	53
95	CHANNELLS, Robert	NSW	59.597km	IPSWICH	10/4/93	50
96	TRELOAR, Roy	QLD	59.260km	CABOOLTURE	4/1/97	41
97	BEVERIDGE, Steel	NSW	58.670km	TOOWOOMBA	28/03/93	42
98	LANE, Andrew	WA	58.651km	BUNBURY	7/3/98	23
99	RABL, Dave	VIC	58.390km	BURWOOD	24/10/93	
100	GREEN, Keith	VIC	58.152km	BURWOOD	24/10/93	
101	GREEN, Colin	WA	58.000km	BUNBURY	27/02/93	
102	COX (JNR), Terry	VIC	57.840km	E BURWOOD V	28/10/90	25
103	PEARCE, Phil	WA	57.830km	BUNBURY	4/3/95	
104	MATCHETT, Ken	VIC	57.753km	BURWOOD	25/10/92	70
105	HIGGINS, Barry	VIC	57.647km	MOE	1/12/96	58
106	MACBETH, Robert	WA	57.558km	BUNBURY	6/3/99	45
107	WILLIAMS, Geoff	QLD	57.555km	CABOOLTURE	4/1/97	45
108	BILTON, Nigel	WA	57.548km	BUNBURY	29/02/92	
109	ROWE, Craig	QLD	57.290km	WOLLONGONG	26/03/94	26
110	BUTKO, Peter	VIC	57.105km	FRANKSTON	30/04/94	16
111	WATTS, Graham	QLD	56.920km	CENTENARY LAKES	6/1/96	42
112	PICKARD, Terry	QLD	56.899km	IPSWICH	18/04/92	
113	BRISTOW, Ralph	VIC	56.850km	WOLLONGONG	26/03/94	54
114	MUNNINGS, Darryl	WA	56.773km	BUNBURY	7/3/98	45
115	DONOVAN, Tom	VIC	56.708km	EAST BURWOOD	28/10/90	59
116	PAGER, Steven	WA	56.706km	BUNBURY	1/3/97	
117	JOHNSTON, Norm	VIC	56.618km	EAST BURWOOD	25/10/92	55

118	PEACOCK, Stephen	WA	56.528km	BUNBURY	6/3/99	29
119	KENNEDY, Brian	WA	56.424km	BUNBURY	29/02/92	
120	RAINES, Wayne	QLD	56.422km	IPSWICH	18/04/92	33
121	BISHOP, Graeme	VIC	56.217km	EAST BURWOOD	27/10/91	46
122	CORNELIUS, Ian	QLD	56.150km	CENTENARY LAKES	6/1/96	55
123	SHAW, Doug	WA	56.015km	BUNBURY	1/3/97	31
124	CLARKE, Ian	VIC	56.008km	BURWOOD	25/10/92	38
125	COLLINS, Tony	NSW	56.000km	WOLLONGONG	26/03/94	46
126	WISHART, Greg	VIC	55.732km	BURWOOD	28/10/90	52
127	HILLBRICK, Adam	VIC	55.536km	BURWOOD	24/10/93	17
128	DRAYTON, Nick	NSW	55.358km	LIVERPOOL	5/2/95	
129	MORGAN, Rod	QLD	55.310km	CENTENARY LAKES	6/1/96	48
130	MASON, Don	WA	55.011km	BUNBURY	29/02/92	
131	McKLOSKEY, Ian	QLD	54.830km	CENTENARY LAKES	6/1/96	44
132	WEAVER, Robert	WA	54.800km	BUNBURY	6/3/99	41
133	POLLARD, Godfrey	VIC	54.771km	BURWOOD	25/10/92	61
134	MACKAY, Mark	QLD	54.716km	NANANGO	8/3/94	27
135	SCANLON, Shaun	NSW	54.400km	WOLLONGONG	26/03/94	49
136	TIMMS, John	QLD	54.270km	FRANKSTON	30/04/94	51
137	NELSON, Peter	VIC	54.183km	MOE	29/11/98	58
138	POWER, Tony	VIC	54.181km	BURWOOD	28/10/90	
139	CARRIGAN, John	NSW	54.031km	CENTENARY LAKES	7/1/95	42
140	HARRISON, Max	VIC	53.908km	BURWOOD	27/10/91	52
141	ZLARKE, James	VIC	53.849km	BURWOOD	24/10/93	50
142	WALKLEY, Cecil	WA	53.830km	BUNBURY	2/4/94	64
143	JAMES, Lyle	WA	53.339km	BUNBURY	2/4/94	53
144	HALLAM, Andrew		53.068km	BURWOOD	28/10/90	
145	PLANT, Jim	QLD	53.058km	CENTENARY LAKES	7/1/95	50
146	CLARKE, Tom	WA	52.584km	BUNBURY	4/3/95	48
147	BUCHANAN, Lester	VIC	52.451km	EAST BURWOOD	28/10/90	50
148	BRYCE, Steven	NSW	52.426km	WOLLONGONG	1/4/95	38
149	WORGER, Don	QLD	52.373km	CENTENARY LAKES	7/1/95	43
150	MARTIN, Kevin	WA	52.198km	BUNBURY	6/3/99	51
151	HARRIS, Gary	WA	52.198km	BUNBURY	4/3/95	38
152	DAVEL, Corrie	QLD	52.126km	CABOOLTURE	4/1/97	40
153	GRANT, Ron	QLD	52.101km	CENTENARY LAKES	7/1/95	51
154	RAFFERTY, Tony	VIC	52.072km	MOE	1/12/96	57
155	O'CONNELL, Keith	NSW	52.000km	WOLLONGONG	1/4/95	
156	SODERSTROM, Phillip	VIC	51.907km	BURWOOD	28/10/90	
157	YEAMAN, David	VIC	51.754km	BURWOOD	18/10/90	54
158	DOAK-SMITH, Alan	WA	51.697km	BUNBURY	5/3/94	33
159	SMITH, Alan D.	WA	51.697km	BUNBURY	2/4/94	
160	PETRIE, Bob	VIC	51.630km	BURWOOD	27/10/91	50
161	TAYLOR, Dave	NSW	51.200km	WOLLONGONG	26/03/94	42
162	TUTCHENER, Frank	VIC	51.073km	BURWOOD	28/10/90	
163	GLOVER, Brian	VIC	50.918km	COBURG 6 HR	18/07/98	
164	HOLLERAN, David	QLD	50.764km	IPSWICH	18/04/92	35
165	BIRD, David	WA	50.607km	BUNBURY	1/3/97	
166	STYLES, David	VIC	50.400km	MOE	29/11/98	
167	TWITE, Ian		50.400km	MOE	29/11/98	
168	HOCKS, Gerard	QLD	50.178km	CABOOLTURE	4/1/97	56
169	STEPHENSON, Bill	VIC	50.008km	BURWOOD	25/10/92	
170	BUCHAN, Sandy	QLD	50.000km	CENTENARY LAKES	6/1/96	41
171	HENRY, Peter	NSW	50.000km	WOLLONGONG	1/4/95	55
172	RUSSELL, Rick	WA	50.000km	BUNBURY	4/3/95	
173	EMBLETON, Rob	VIC	50.000km	MOE	30/11/97	44
174	WICHMANN, Norbert	VIC	49.774km	BURWOOD	28/10/90	
175	ROBINSON, Barrie	WA	49.668km	BUNBURY	29/02/92	
176	BRYSON, David	SA	48.839km	SA 6HR	24/08/98	
177	VARLEY, Chris	ACT	48.666km	WOLLONGONG	1/4/95	

AUSTRALIAN RANKINGS FOR 6HRS TRACK

Rank	Name	State	PB for 6HRS	Place	Date	at Age
1	MEADOWS, Linda	VIC	78.742km	EAST BURWOOD	18/06/94	35
2	FRANCIS, Mary	WA	74.167km	BUNBURY	2/4/94	36
3	PETRIE, Lavinia	VIC	72.783km	EAST BURWOOD	21/06/92	48
4	STANGER, Helen	NSW	69.600km	WOLLONGONG	26/03/94	43
5	KERR, Sandra	VIC	66.338km	COBURG	27/02/93	47
6	PARRIS, Dawn	VIC	66.115km	BURWOOD	25/10/92	39
7	BALDWIN, Cherie	VIC	64.642km	BURWOOD	25/10/92	40
8	YOUNG, Shirley	VIC	63.425km	BURWOOD	27/10/91	61
9	KING, Robin	WA	62.093km	BUNBURY	7/3/98	39
10	JOHNSON, Rosemary	WA	61.647km	BUNBURY	6/3/99	23
11	GORDON-LEWIS, Lyn	QLD	61.412km	CABOOLTURE	4/1/97	41
12	ROBINSON, Jacqui	WA	61.355km	BUNBURY	27/02/93	
13	COLLINS, Fiona	WA	60.652km	BUNBURY	7/3/98	27
14	BRINSDEN, Carolyn	WA	60.163km	BUNBURY	4/3/95	36
15	DURRANT, Nicole	WA	60.163km	BUNBURY	4/3/95	27
16	GRANT, Dell	QLD	60.003km	IPSWICH	10/4/93	39
17	CLARKE, Jacquie	WA	58.926km	BUNBURY	29/02/92	
18	McCONNELL, Georgina	NSW	58.200km	WOLLONGONG	26/03/94	50
19	THIELE, Christine	SA	57.469km	SA 6 HR	24/08/98	
20	SKROBOLAC, Sharon	VIC	55.384km	BURWOOD	27/10/91	34
21	MARKHAM, Aileene	QLD	55.233km	CABOOLTURE	4/1/97	49
22	DE GROOT, Corrie	VIC	54.278km	BURWOOD	27/10/91	63
23	CLARKE, Angela	QLD	54.180km	CENTENARY LAKES	6/1/96	56
24	PARSONS, Sharon	QLD	51.891km	CENTENARY LAKES	7/1/95	43
25	HILL, Lorna	QLD	51.092km	CENTENARY LAKES	7/1/95	29
26	COULTER, Joan	NSW	50.690km	WOLLONGONG	1/4/95	
27	TIMMER-ARENDS, Sandra	VIC	50.400km	MOE	29/11/98	35
28	DOW, Doreen	WA	50.387km	BUNBURY	29/02/92	
29	CATON, Kathy	QLD	48.671km	CABOOLTURE	4/1/97	33
30	STREET, Carol	QLD	48.000km	BRISBANE		
31	SALTER, Bronwyn	WA	47.681km	BUNBURY	6/3/99	51
32	TAYLOR, Jacqueline	VIC	47.018km	BURWOOD	25/10/92	
33	COLLINS, Jan	QLD	46.254km	CABOOLTURE	4/1/97	58
34	SMITH, Shelly	QLD	45.770km	CENTENARY LAKES	6/1/96	38
35	CURRAN, Michelle	QLD	45.600km	WOLLONGONG	1/4/95	
36	OSBORNE, Ann	WA	45.416km	BUNBURY	7/3/98	44
37	STEDMAN, Jenny	WA	45.003km	PERTH	30/05/92	
38	MITCHELL, Veronica	QLD	44.554km	CENTENARY LAKES	7/1/95	34
39	DICKSON, Norma	VIC	44.245km	BURWOOD	28/10/90	
40	COX, Sandra	QLD	43.240km	CENTENARY LAKES	7/1/95	43
41	HALL, Kerrie	QLD	43.035km	CENTENARY LAKES	7/1/95	33
42	HALL, Jannelle		42.720km	TOOWOOMBA	28/03/93	
43	HUCKER, Patricia	NSW	42.690km	WOLLONGONG	1/4/95	
44	HOLLERAN, Kay		42.250km	TOOWOOMBA	28/03/93	
45	BUCKAN, Judy	QLD	38.244km	CENTENARY LAKES	7/1/95	38
46	SMITH, Grace	VIC	37.702km	BURWOOD	28/10/90	71
47	DAVIES, Karen	QLD	36.123km	CENTENARY LAKES	7/1/95	45
48	WHITE, Debbie	QLD	33.734km	CENTENARY LAKES	7/1/95	35
49	FOREMAN, Rhonda	QLD	31.143km	CENTENARY LAKES	7/1/95	44
50	HICK, Dorothy	VIC	29.551km	BURWOOD	28/10/90	49
51	STRONG, Jan		28.328km	BURWOOD	28/10/90	
52	WILLIAMS, Betty	QLD	25.649km	CENTENARY LAKES	7/1/95	48
53	DAWSON, Maureen	QLD	25.649km	CENTENARY LAKES	7/1/95	48

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of the Australian Ultra Runners' Association Incorporated (AURA INC)

I
(Full name of Applicant)

of
(Address)

..... Post Code Date of Birth

Desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

I a member of the Association, nominate the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Proposer) (Date)

I a member of the Association, second the nomination of the Applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Secunder) (Date)

Current membership fees for 19 ... (in Aust dollars) are as follows: Cheques payable to AURA Inc.

Please circle the desired rate:	\$25	within Australia		
	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$34	\$38	\$41	\$43

Send Application and money to: Dot Browne (Hon Sec), AURA Inc, 4 Victory Street, Mitcham 3132

Note: If joining during the second half of the year, the full year's back issues of ULTRAMAG, the AURA magazine, will be sent on receipt of your subscription. Our subscription year coincides with the calendar year and runs from 1st January to 31st December each year.

Also note: A Proposer and Secunder for new members is a constitutional requirement for incorporated associations, really a formality. We'll be happy to provide the Proposer and Secunder for you if you simply fill in the Membership Application with your own details. Thanks!